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HOT SPRINGS, BATH COUNTY, VIRGINIA.
WITH SOME ACCOUNT OF THEIR MEDICINAL
PROPERTIES AND AN ANALYSIS OF THE WATERS.

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HOT SPRINGS,

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AN ANALYSIS OF THE WATERS,

WITH

CASES OF CURE

OF

GOUT, RHEUMATISM, DISEASES OF THE LIVER, PARALYSIS, NEURALGIA,
CHRONIC DIARRHŒA, ENLARGED GLANDS, OLD INJURIES,
DEAFNESS, Etc., Etc., Etc.



RICHMOND:
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1869.

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VIRGINIA HOT SPRINGS,

BATH COUNTY, VA.

S. C. TARDY & CO., Proprietors.

J. A. McCLUNG, Manager.

DR. J. L. CABELL, Resident Physician.

V848
1869

DR. J. L. CABELL,

RESIDENT PHYSICIAN.

THE PROPRIETORS deem themselves fortunate in having to offer for the benefit of visitors at their baths the presence and medical services of the resident physician, DR. J. L. CABELL.

For many years an eminent member of the medical faculty of the University of Virginia, it has been the peculiar privilege of DR. CABELL to have combined the theoretical attainments of the Professor, with the experience and judgment to be won in a large field of practice. As their teacher, he is dear to the recollections of the thousands who under his guidance have been initiated into his profession. As surgeon in charge of a great medical district in Virginia, his kindness and skill are gratefully remembered by the sick and wounded from all the South, to whom he ministered. In assuming a position as resident physician at the Hot Springs, he takes a place for which his life-long studies on the mineral waters of his State, have in the highest degree qualified him.

In the selection of baths to be used and in the treatment of the peculiar diseases for which they are adapted, patients will find in him all that medical science can do for their relief.

UNIVERSITY OF VIRGINIA,
March 15th, 1869.

THE undersigned, at the earnest solicitation of the proprietors of the Virginia Hot Springs, has consented to spend his vacations at that place in the practice of his profession. The annual vacation of the University of which he is a professor in its medical department, happens to be very nearly coincident with the usual bathing season, both as to date of commencement and as

to duration. This will enable him to spend the entire season at the Springs without interruption by other duties.

He assures his professional friends that the representations of the proprietors as to the relative value of the waters of the Hot Springs of Virginia and of the better known thermal waters of Germany and France, are not exaggerated; and that, in his opinion, their statements as to the hygienic and therapeutical value of their waters fall short of the truth. Many years ago it happened that he spent four or five successive summers in the immediate vicinity of the Hot Springs, then the property of the late Dr. Thomas Goode, who was sole proprietor and resident physician. This gentleman, a highly educated and accomplished physician, was not only well versed in the medical literature relating to balneology in general and to thermal baths in particular, but was a close and accurate clinical observer and a sound medical reasoner. At this early period of his professional life the undersigned had his curiosity stimulated and an interest excited by the representations of Dr. Goode, and from that day to the present time has given a somewhat special attention to the subject of thermal baths. Moreover he has, on several occasions, visited the Hot Springs for the benefit of the health of a member of his family, and has repeatedly sent other patients thither. He therefore feels himself justified in entertaining and expressing very confident opinions as to the remedial qualities of the baths when properly taken. It will be a pleasure to him as well as his duty to give a most careful attention to the cases of patients who may be directed to these baths and consigned to his care by his professional brethren in different sections of the Union.

J. L. CABELL, M. D.

THE HOT SPRINGS,

BATH COUNTY, VIRGINIA.

Part I.

LOCATION AND SCENERY—ANALYSIS OF THE MINERAL WATERS—HYGIENIC EFFECTS OF THERMAL BATHS, &c., &c., &c.

THIS celebrated watering place (one of the great natural curiosities of the state) is situated in the "Warm Springs valley," twenty miles from Millboro, and eighteen from Covington, on the Chesapeake and Ohio (late Virginia Central) railroad. A new turnpike—the best in the mountains—has recently been built between Covington and the Hot Springs. Passengers over this new road, after spending the night at Covington, arrive at the Hot Springs early in the forenoon of the next day. The road passes in full view of and in close proximity to the beautiful cataract of the *Falling Spring Creek*, which was deemed worthy of special mention and description by Mr. Jefferson in his "Notes of Virginia." This stream rises in the Warm Springs mountain, about fifteen miles southwest of the Hot Springs, and flows into that valley. About three quarters of a mile from its source, it falls over a rock two hundred feet into the valley below. The sheet of water is broken in its breadth by the rock in two or three places, but not at all in its height. Between the sheet and the rock at the bottom one may walk across dry. This cataract will bear no comparison with that of Niagara as to the quantity of water composing it—the sheet being only

twelve or fifteen feet wide above, and somewhat more below, but it is half as high again.*

With the exception of this new and admirably graded turnpike, through a region abounding in grand and beautiful scenery, there is an unbroken railroad connection between the Hot Springs and all the principal cities of the Atlantic seaboard. Passengers leaving Baltimore, Washington City, Richmond or Lynchburg, in the morning, reach Covington before dark; or, those who prefer it, may leave the railroad at Millboro depot, twenty-nine miles east of Covington, and there take the mail coach for the Hot Springs *via* the Bath Alum and the Warm Springs. Passengers by this route, which gives twenty miles of staging, will have an opportunity of seeing the singular "Blowing Cave," near the banks of the Cow Pasture river, and of enjoying the magnificent view of mountain scenery from the top of the Warm Springs mountain, which is crossed by the turnpike at an elevation of nearly one thousand five hundred feet above its base, and two thousand two hundred and forty-seven feet above the level of the sea.

In the number of its mineral springs, the variety of their temperatures (from 50° to 110° F.), and their extraordinary remedial powers in many of the most serious, painful, and dangerous CHRONIC DISEASES that afflict the human race, this watering place offers to invalids, suffering from the maladies in which thermal waters are indicated, advantages and facilities for the recovery of health, which can be found no where else within the United States east of the Mississippi, and which are not surpassed, or perhaps not equalled, at any of those celebrated thermal springs in France and Germany, that, for many centuries, have been places of great resort for persons in search of health.

The scenery of the Warm Springs valley, and especially of that portion of it in which the Hot Springs are found, is ex-

*Jefferson's Notes of Virginia.

quisitely beautiful, while the views from certain elevated but easily accessible points on the surrounding mountains are surpassingly grand. The climate in summer is salubrious, invigorating, and inexpressibly delicious. The thermometer seldom rises higher than 85° F. in the hottest days, and the nights are always cool and refreshing. Fogs which occur so frequently in other settlements among the mountains of this part of Virginia are seldom seen in this delightful valley, the transparent clearness of whose atmosphere and the exquisite tints of its skies would compare favorably with the well-known and distinctive features of Swiss and Italian scenery.

On the mountain's side is a perpendicular chasm in the rocks (about six feet square) which evidently extends into the base of the mountain to a great depth. From this "chimney" on a cold morning there issues such a steam as to warrant the belief that it communicates with a hot stream below.

CENTRAL LOCATION OF THE HOT SPRINGS.

AMONG THE PRINCIPAL WATERING PLACES IN THE MOUNTAINS.

The Hot Springs are twenty-seven miles from the Rock-bridge Alum, thirty-six miles to the northeast of the White Sulphur Springs, and about forty miles from the Old Sweet and the Red Sweet Springs. It is only five miles from the Warm Springs, and three miles from the Healing Springs. As there is a daily line of stage coaches running between these places during the summer months, it will be seen at once that the Hot Springs are within an easy day's journey of the principal summer resorts in the mountains of Virginia, and occupies an almost central position among that group of mineral springs which must at no distant day become the great watering places of the American continent. For if to those mentioned above, be added the Salt Sulphur, the Red Sulphur, the Cold Sulphur and the Bath Alum, "no district of country of the same extent in the world, as that in which these springs are found, can furnish the same number and

variety, whether we have regard to mineral impregnation or temperature, or the use of which shall be attended with more speedy, entire and permanent relief from a host of the most distressing maladies."

The celebrated "WARM SPRINGS," which have given name to the entire valley and to the mountain range which forms one of its boundaries, are five miles north of the Hot Springs, at the county seat of Bath county. At this place are several fine baths about the temperature of 98° Fahrenheit. One of these is believed to be the largest warm bath in the world, and is supplied by warm water arising from the floor of the bath with such boldness that the immense bath, an octagon of 40 feet in diameter and 5 feet in depth, fills in less than an hour. The improvements here are good, and the hotel accommodations excellent.

Not quite two miles from the hotel is the celebrated Flag Rock, on the top of the Warm Springs mountain, at an elevation of about two thousand four hundred feet above the level of the sea. The view from this point is truly sublime, and an hour spent upon its summit in gazing upon the magnificent spectacle presented to the eye would well repay those who possess the slightest appreciation of the grand and beautiful in nature for a voyage across the Atlantic.

Three miles to the south of the Hot are found the "HEALING SPRINGS," which, within a few years, have acquired a high reputation. The improvements are new and in good style, and the accommodations for visitors very superior.

HOTEL ACCOMMODATIONS, AMUSEMENTS, &c., AT THE HOT SPRINGS.

The hotel accommodations here are of the first class. The ladies' parlor is furnished with a superior piano, and the house is supplied with backgammon boards, chess men, &c.

A large ball room, a ten pin alley and a billiard table will be found upon the premises.

In the management of the establishment every reasonable effort will be made to promote the comfort of invalids, and to render the place an agreeable resort to those who visit the mountains of Virginia in search of recreation and pleasure. It is certain that a more healthy or pleasant summer climate can no where be found in any part of our country.

DESCRIPTION OF THE BATHS AND ANALYSIS OF THE WATERS.

Within the grounds of the Hot Springs hotel are found in close proximity numerous bold springs of hot and cold water, the former issuing from the ground with a temperature of 110° F. The different *Hot* springs make their appearance in a line extending from the base of the mountain almost straight down a lawn in front of the hotel, the soil of which has the appearance of having been washed out of the base of the mountain to its present locality, and is highly charged with carbonates of the alkaline earths.

Following the course of the stream the several baths appear in the following order:

No. I.—THE LADIES' PLEASURE BATH.

This bath is supplied with water from the "NEW SCHLANGENBAD SPRING," so called from its remarkable resemblance, both in temperature and mineral ingredients to the German Spa of that name, which is renowned over all Europe, not only as a delightful bath, but also for its *cosmetic properties*. The temperature is 86° Fahrenheit, the bathing pool being an octagon of 18 feet in diameter and five feet in depth.

No. II.—LADIES' BOILER BATHS.

These are four in number, all supplied by water of the same mineral constitution, issuing from the floor of the baths at a temperature of 110° Fahrenheit, and retaining a permanent standard of 108° in the full bath. Two of the four

apartments are supplied with "dumb waiters or elevators," for the convenience of invalids who cannot walk or stand with comfort and convenience. By means of this contrivance, invalids may take their baths either in the sitting or recumbent posture.

All of the apartments are provided with beds and blankets, to enable patients who require it to undergo the "packing" and sweating process after issuing from the bath. Bath maids will always be in attendance.

The mineral constitution of these baths, as determined by the analysis made by Col. WM. GILHAM, of the Virginia Military Institute, is as follows:

One gallon of water contains of

Carbonate of lime.....	17.3471	grains.
" of magnesia.....	2.6873	"
" of protoxide of iron	0.1139	"
Sulphate of lime.....	1.7357	"
" of magnesia.....	5.6589	"
" of potassa.....	1.3431	"
" of soda.....	1.0222	"
Chloride of potassium.....	0.1597	"
" of sodium.....	0.1211	"
Silica.....	1.7467	"

NO. III.—GENTLEMEN'S BOILER BATHS.

These also are four in number, and are precisely similar to the ladies boiler baths in the temperature and mineral qualities of the water, and in the arrangements of the several apartments for the convenience of invalids. They are under a common roof with the latter, in a building erected over numerous hot springs in close juxtaposition.

NO. IV.—LADIES' SULPHUR BATH.

The water of this bath is brought in a close underground pipe from its source about forty yards distant, and is kept in a pool sixteen by twenty-two feet in area, and five feet in

depth, for which the supply from a copious spring is superabundant. It makes a most delicious bath, and has an arrangement for ascending and descending douches in the treatment of uterine affections.

The temperature is 102° Fahrenheit. The mineral contents in a gallon of the water are as follows:

Carbonate of lime.....	16.4434	grains.
" of magnesia.....	2.8037	"
" of the protoxide of iron.....	0.0670	"
Sulphate of lime.....	2.1039	"
" of magnesia.....	5.1052	"
" of potassa.....	1.8240	"
" of soda.....	1.0087	"
Chloride of potassium.....	0.1703	"
" of sodium.....	0.1335	"
Silica.....	1.3673	"

In this analysis no notice is taken of gaseous contents, but the presence of a notable amount of sulphuretted hydrogen is unmistakably revealed by the odor apparent at the source, and there is moreover a white sulphurous deposit very similar to that seen at the celebrated Greenbrier White Sulphur springs.

No. V.—GENTLEMEN'S SULPHUR BATH.

This bath is supplied from the same source as the preceding (No. iv) and like it is highly esteemed by those who have made trial of it.

No. VI.—LADIES' HOT SPOUT BATH.

In this bath, in addition to the pool for immersion, there is an arrangement by which a continuous column of water at a temperature of about 108° Fahrenheit may be directed at the will of the bather to any part of her body. This bath and a corresponding one for gentlemen (No. vii) are extremely popular not only with certain classes of invalids who derive

conspicuous benefit from using it, but also with many others who take it for its exhilarating effects.

Its mineral constitution is nearly identical with that of the boiler baths, consisting of the same ingredients in very nearly the same relative proportions.

No. VII.—GENTLEMEN'S HOT SPOUT BATH.

This bath is supplied from the same source as the preceding, but being somewhat nearer that source, has a slightly higher temperature, that of the source being 110° Fahrenheit. The head of water for forming the spout is also higher, and the spout consequently falls with greater energy. It would be difficult to exaggerate the therapeutical value of this bath, or its agreeably exhilarating effects. It is perhaps the most popular bath at the springs.

No. VIII.—WARM BATHS.

These baths, four in number, heretofore improperly called "the temperate baths," are supplied with water from one of the boldest springs on the grounds. This spring covers a very large area, and furnishes a most abundant supply of water at a temperature of 104° Fahrenheit, which, however, is reduced to about 97° or 96°, after it is delivered into the baths in a distinct building. The mineral qualities of the water are similar to those of the boiler baths.

No. IX.—GENTLEMEN'S PLEASURE BATH.

This, called also the Erwin bath, is supplied by pipes from the very bold Erwin spring, thus named in compliment to a distinguished gentleman of the state of Alabama, whose account of his own remarkable cure of paralysis will be found in this pamphlet. The pool is of such extent as to constitute a large swimming bath for gentlemen and boys. The water is 78° Fahrenheit in temperature, and in chemical composition resembles the New Schlangenbad.

Col. Gilham finds one gallon of this water to contain—

Carbonate of lime.....	9.4838	grains.
Carbonate of magnesia.....	2.0194	"
Carbonate of protoxide of iron.....	0.0838	"
Sulphate of lime.....	3.0225	"
Sulphate of magnesia.....	1.0665	"
Sulphate of potassa.....	0.5699	"
Sulphate of soda.....	0.8502	"
Chloride of potassium.....	0.1595	"
Chloride of sodium.....	0.1252	"
Silica.....	0.6894	"

The water of the Erwin spring is believed to possess valuable properties in the treatment of some forms of dyspepsia. Used for bathing, the waters of this and the New Schlangenbad Springs prove highly beneficial in all cases in which the cool or temperate bath is indicated.

Thus it will be observed, that at this well-known watering place every variety of bath, from cold to extreme hot, may be taken, and that the mineral ingredients are so combined as to impart to the waters, whether used for bathing or taken internally, properties not possessed by ordinary water at the same temperature. The reputation of the Virginia Hot Springs for the cure of a large class of chronic diseases, such as diseases of the liver, of the stomach and bowels, of the kidneys, rheumatism, gout, neuralgia, paralysis, old injuries, &c., &c., is now so well established throughout the southern states that it would be unnecessary to publish certificates of cure if it were not desired to extend to other sections of our country a knowledge of the remedial powers of these waters. Moreover the hygienical effects of thermal baths seem not to be fully appreciated in this country. In the eastern world, warm and hot baths are habitually taken by persons in every class and condition of life, from the northern limits of Russia to the tropics. The fact that they are resorted to in tropical climates as a refreshing cordial, is a sufficient answer to the popular but erroneous idea that they are debilitating in their

effects. The Romans, indeed, carried this luxury to such a pitch of vicious extravagance as to bring on it the title of one of the three great destroyers of human life, but this only applies to its *abuse*, and does not militate against its salutary operation when properly and judiciously used. Should the warm bath ever become general in its use in this country, whether in the form of the simple plunge bath, or in that of the more complex apparatus of the Russian or Turkish bath, it will probably produce a more beneficial revolution as to the health and longevity of the inhabitants than any other sanitary regulation. *So far from weakening or enervating the constitution, it has a decidedly contrary effect, and therefore, in debilitated subjects, it is infinitely more proper and safe than the cold bath.*

The natural thermal waters exhibit in addition to the ordinary effects of artificial warm baths, other phenomena peculiar to themselves. The proprietors of the Hot Springs deem it proper, therefore, to cite a few well ascertained facts relating to the hygienic and therapeutical uses of the warm bath in general and of natural thermal baths in particular.

HYGIENIC EFFECTS OF THE WARM BATH.

The opinion of the ancients as to the restorative effects of warm bathing was expressed in the fact that warm springs and baths were dedicated to Hercules as indicative of their invigorating powers, and it was the habit of athletes to seek refreshment and restoration of their exhausted strength in the warm bath.* Marcard, an accredited authority on the nature and use of baths, is quoted with approval by Dr. Bell, as citing cases which occurred under his own eye, of recovered strength under the use of the warm bath, and as adducing Falconer's experience at Bath in England as identical with his own in this respect. He also enumerates various instances of persons who resorted to the Warm Springs of Ger-

*Treatise on Baths, by J. Bell, M. D., Philadelphia, 1859.

many and Switzerland, and were in the habit of spending many hours at a time in the bath, without any sensation of exhaustion on the one hand, or of excitement on the other.

Bruce, in his travels in Abyssinia, states, that when he felt an almost intolerable inward heat, and was so exhausted as to be ready to faint, a warm bath soon made him feel as much invigorated as on rising from his bed in the morning. "Some persons may tell me," he says, "that the heat of the bath must weaken and enervate, but I can assure them that the reverse is the case."

It is not difficult to understand how the warm bath should produce this result. Its observed physiological effect is to equalize the circulation, to cleanse the blood by promoting depuratory secretions, and to tranquillize the nervous system. By thus removing causes of local and constitutional irritation and quieting morbid excitement which, as we see in fever and some other pathological states, enfeebles and exhausts the human frame, the warm bath must of necessity tend to economize the powers of life and awaken feelings of renewed vigour.

Count Rumford, narrating his personal experience of the effects of warm bathing on the occasion of a visit to Harrogate for the sake of his health, when he bathed every day—for half an hour—in a bath of 96° to 97° Fahrenheit, during thirty-five days, uses the following language: "The salutary effects of this experiment were perfectly evident to all those who were present, and saw the progress of it; and *the advantages I received from it have been permanent*. The good state of health which I have since enjoyed I attribute to it entirely."

This great practical philosopher is further cited by Dr. Bell as very properly exposing the fallacy of that reasoning which would lead us to abstain from the use of the warm bath for fear of its rendering us more liable to take cold.

The foregoing remarks apply in some degree to baths arti-

ficially heated, but in an especial manner to baths of natural thermal waters. For whatever be the true theory of thermal springs, or whatever opinion be entertained as to the mode in which the caloric may be combined with the water, "it is certain that in all ages and in all countries invalids have preferred natural hot baths to artificial ones" of the same chemical composition.* It has been suggested by high authority that thermal waters may be more highly charged with electricity, but whatever be the explanation the superior effect of thermal springs over artificial waters of the same composition, as far as can be chemically determined, is undeniable.

*British and Foreign Medico-Chirurgical Review, April, 1857.

In a later number of the same journal for July, 1860, this question is again considered in a notice of a recent work of A. B. Granville on the Mineral Springs of Vichy. It is affirmed that the effects of Puits Chomel (a hot spring) are far different from those of the Celestins (a cold source) even when the temperature of the latter has been previously raised by artificial means to the same standard as that of the former. We are aware that a few medical writers are skeptical as to this matter, but, as a general rule, they have never visited thermal springs, or have made so hurried a visit as to preclude sufficient observation for demonstrating the error of foregone conclusions. Doubtless the extravagant ideas of Dr. Granville as to the mysterious nature of "telluric heat" have had the effect of strengthening this skepticism, but let us distinguish between a well observed fact and a gratuitous assumption of an occult principle to explain the fact. The modes of explanation are various, and all are more or less hypothetical. Thus while Dr. Granville invokes an occult principle in a peculiar kind of "telluric" heat, Lersch, a practitioner at Aix-la-Chapelle, and a man of extensive learning, supposes that thermal waters may be more highly charged with electricity, and many others, including that very shrewd observer, the late Dr. James Johnson of London, refer the effects to the "greater degree of solution and intimate union which the mineral principles in thermal springs possess when flowing out of the soil, where they have been kept in this combination for years." But however hypothetical and unsatisfactory each and all of these so-called explanations may be, the fact which is sought to be explained is admitted by the large majority of unprejudiced observers.

The difference between the effects of warm baths of simple water and those of saline thermal springs has been shown by direct experiments to amount to a marked antagonism. According to these experiments of Dr. L. LEHMANN (*On the saline baths of Oeynhausen and ordinary water*—Gottingen 1856) while simple warm water baths increase the urinary excretion, and thereby indicate for the time increased wasting of the body, the saline baths check the urinary but augment cutaneous and intestinal excretions. The latter seem to aid assimilation and thus strengthen the system.

These remarks on the hygienic effect of thermal baths apply more especially to such as have a constant temperature at or very near blood-heat. Very hot baths, *i. e.* whose temperature exceeds blood-heat by several degrees, had better be reserved for therapeutical applications, unless, indeed, they are immediately followed by a douche of temperate or of cold water, when it will be found that they exhibit all the characteristic and well known hygienic effects of the famous Russian and Turkish baths, namely, refreshment and invigoration—removal of the lassitude and aches incident to long travel and fatiguing exercises, and efficient depuration of the blood through the medium of the cutaneous and pulmonary exhalations. The juxtaposition of baths of various temperatures at the Hot Springs affords ready facilities for their use in every combination, and in this connection it is important to state that in addition to the various warm and hot plunge baths, the proprietors propose to increase the number of the "hot spout" baths, which for many years have been so popular with the visitors at the Hot Springs, both in the treatment of various diseases, and as an article of luxury to persons in health. In the "hot spout" a continuous column of the natural thermal water falling from an elevation of from three to five feet may be directed successively to different regions of the body, and thus exercise a special and potent influence on the functional activity of particular organs. Alternate

douches of hot and cold water often produce marvellous effects in various local chronic affections.

THE HOT SPRINGS RESORTED TO AS A PLACE OF PREPARATION FOR THE USE OF COLD MINERAL WATERS.

If a patient designs visiting several Mineral Springs in the course of the season, and is desirous of reaping all the benefits possibly to be had by the use of the waters of each, *he should visit the Hot Springs first.* We think almost any intelligent person, who will take the trouble to think over the matter, and who is acquainted with the "modus operandi" of *Hot Springs*, will be satisfied with the truth of this assertion, supported as it is by the experience and observation of many distinguished medical men.

The late Dr. Thomas Goode, who was for many years the proprietor of the Virginia Hot Springs, was a thoroughly educated, intelligent and skillful Physician, having every opportunity for observation on this subject afforded him by a residence of many years among the mineral springs of Virginia.

In the interest of medical science, he devoted much attention to the subject, and along with his own opinions and observations, collected and published the experience of some of the most capable, reliable and distinguished men in Europe, in confirmation of the assertion that *Hot Springs should be the place of first resort—instead of being used to confirm the good effects of cold mineral waters, they are more beneficial as a proper and rational preparation for their use.*

Dr. Goode says, in view of all the facts examined in this connection: "They prove the fallacy of that popular belief by which so many have been influenced, to wit: that a course of sulphur water is an *essential* preparation for a course of these, and that *the reverse* of this is true—that there are many cases in which the sulphur waters are *ineffectual* or *injurious*

before, but decidedly beneficial after a course at the Hot Springs."

Thermal waters, so far as most *American* physicians are concerned, are as a new and *untried* remedy. In *Europe*, thermal springs are numerous, and many of them have been frequented and celebrated from one hundred to two thousand years. Three of the most distinguished English physicians—Johnson, Granville and Lee—visited the continental springs for several successive seasons for the purpose of professional information, observation and report.

Lee treats of eighty mineral springs—twenty-six of them thermal.

Granville treats of thirty-six—eight of them thermal.

Johnson treats of twenty, twelve of which are thermal.

In no one instance do either of these gentlemen, nor any of the continental physicians from whom they derived information, speak of, or advise patients to go to, *cold saline springs* to *prepare* them for a course of thermal waters; *but on the contrary, patients, after having their torpid systems properly roused and prepared at hot springs*, are sent to such cold, saline, sulphur or chalybeate springs, as may be thought indicated in their cases. And at most of these springs, *the correctness of this practice has been confirmed by the experience of several centuries.*

Very emphatic testimony to the value of this practice is borne by Dr. Granville in a late work in which he admits that even Vichy, a thermal watering place in France, may be made subservient to his favorite Kissingen in Bavaria, with its cold acidulous chalybeate, where he spends every summer in his capacity of physician practising among the English visitors. Similar testimony is borne by a number of eminent physicians who have large experience in the use of the Hot Springs baths. See the letters of DR. J. W. WILLIAMSON and DR. F. B. WATKINS in another part of this pamphlet.

Part II.

ON THE THERAPEUTICAL EFFECTS OF HOT AND WARM
MINERAL BATHS.

In view of the well ascertained physiological effects of saline thermal baths in equalizing the circulation, in tranquilizing the nervous system and in purifying the blood without augmenting the waste of tissues and therefore without weakening or enervating the system, we might readily anticipate many of their therapeutical applications on strictly rational principles, but it is proposed to refer only in this brief notice, to actual experience, and to cite facts which have been substantiated by actual observations at this or at kindred establishments in Europe. We are fully aware that the proper interpretation of the apparent results of treatment at mineral springs requires nice powers of discrimination. On the one hand it would be manifestly unjust to discredit the springs for their failure to cure incurable cases, and many of this class are sent to the springs as a last resource. On the other hand proprietors of watering places and resident physicians overlook altogether or assign too little value to various auxiliary influences, and give all the credit of real or reputed cures of diseases to the one natural remedy which constitutes their stock in trade.

To some extent, possibly to a very considerable extent, an objection on the score of extravagant enthusiasm may be urged against the testimony of DR. A. B. GRANVILLE whose several works, "*The Spas of Germany*," "*The Spas of Germany Revisited*," and "*The Mineral Springs of Vichy, and their efficacy in the treatment of various Diseases*," have yet commanded a most respectful notice at the hands of profes-

sional reviewers, not only for their pleasing style and the general interest of their contents, but also for the evident conscientiousness of the author and the strength of his convictions. The other authorities to whom we shall refer and whose statements may be accepted with less hesitation as proceeding from men of less impulsive temperaments and calmer judgments are chiefly the following: DR. JOHN BELL (*A Treatise on Baths*, Philadelphia 1859). DR. CONSTANTINE JAMES (*Practical Guide for the Physician and the Patient to the Principal Mineral Waters of France, Belgium, Germany, Switzerland, Savoy and Italy*. Paris 1856. *Very favorably noticed in the British and Foreign Medico-Chirurgical Review of London*). DR. L. LEHMANN, (*The Saline Baths of Oeynhausen and Ordinary Water*, Gottingen 1856). DR. WILLEMIN, (*On the Employment of the Waters of Vichy in Chronic Affections of the Uterus—by DR. WILLEMIN, Assistant Medical Inspector of the Waters of Vichy*. Paris 1859), and DR. BARTHEZ, Chief Inspector of the waters of Vichy, whose statements, based on the statistics of the Thermal Military Hospital at that place, are largely cited by Dr. Granville, who says, "I feel particularly indebted to Dr. Barthez for his courtesy and liberality in enabling me to give to my English readers this official return, which has nowhere been published, having been drawn up for, and despatched to the military authorities in Paris, at the conclusion of the season at Vichy last September. The minister of war is in possession of a number of similar reports from Inspector Barthez, forwarded from year to year, in accordance with the rules of the military service. Their great merit is their minute precision and accuracy. No erroneous conclusions can be drawn from the perusal of such documents."

In most of the cases reported by Dr. Barthez the treatment consisted both in the internal administration of the waters, which are solutions of bicarbonate of soda with small amounts of other salts, together with a notable quantity of

free carbonic acid dissolved in the water, and in the application of them in the form of tub and pool baths and the use of *irrigations* during the bath. In a few classes of cases the ingestion of alkaline drinks was more or less clearly indicated and may be considered as having been an essential agent in the process of cure, but in most of them the baths were undoubtedly the effective instruments, inasmuch as dilute alkaline solutions administered internally in such cases are known to be either useless or worse than useless, and on the other hand similar curative effects have followed the use of the baths of Wildbad, which from the inconsiderable amount of its mineral ingredients may be regarded as a pure and simple thermal water.

DISEASES SPECIALLY BENEFITTED BY THE WATERS OF THE VIRGINIA HOT SPRINGS.

I.—DISEASES OF THE DIGESTIVE CANAL.

For details of striking cases under this head the reader is requested to turn to the letters (among the "CERTIFICATES OF SPECIAL CASES OF CURE," printed in another part of this pamphlet) of FRANCIS B. CLARKE, Esq., A. A. CAMPBELL, M. D., CHARLES HAMLIN, A. Y. WATSON, M. D., W. H. WOODLEY, ROBERT J. BRENT, Esq., WILLIAMS CARTER, Esq., of Hanover, GEORGE CARR, Esq., WM. TODD and DAVID MOODY, of Steubenville, Ohio.

In the Report of Dr. Barthez the number of cases of Chronic Inflammatory Diseases of the Digestive Canal, "was nearly 200; the number cured and much improved very large, and the failures exceedingly few." In affections of the alimentary canal considered to be of a nervous character the success was equally great. Quite a number of this class of cases, including the most severe attacks of gastralgia and enteralgia which had resisted the use of hot baths at home (artificial) have been promptly relieved by the use of the Hot Spout or the Boiler at the Virginia Hot Springs.

II.—DISEASES OF THE LIVER.

In no class of affections have the virtues of the waters of the Hot Springs been more thoroughly and effectually tested than in this. For conclusive evidence of their marvellous efficacy and of the importance of a course of preliminary bathing, even for those cases in which the alterative action of the Cold Sulphur waters is indicated, we invite the careful attention of our readers to the letters of the following named gentlemen: DR. LANDON RIVES, DR. JOHN W. WILLIAMSON, DR. F. B. WATKINS, DR. A. A. CAMPBELL, M. TOUNOIR, DR. CHARLES CARTER, JOHN L. MANNING, ESQ., D. R. KIRKPATRICK, C. CARLTON, JAMES L. COLTON, E. L. DARGAN, T. F. CAMPBELL, JOHN J. TAYLOR, R. N. FOX and J. G. JEFFERSON, and to a passage from Wood's Practice of Medicine, all of which are published in Part III of this pamphlet.

In the Report of Inspector Barthez this class of cases at Vichy "included cases of simple inflammatory hepatitis, engorgement, induration and obstruction of the liver, with a few cases of abscess of the organ, gall-stones and hepatalgia. *Between two and three hundred cases are recorded; the cures and marked improvements are numerous, failure is recorded in but a few instances. The same remark applies to different forms of splenic disease, often the result of attacks of African intermittent fever or other paludean agues.*"

Dr. James Johnson bears his testimony to the value of thermal baths in chronic derangements of the portal circulation as follows: "The state of abdominal plethora, with congestion of the liver, and obstruction in the circulation of the *vena portae*, with its consequences, as impaired digestion, deficient or vitiated biliary secretion, piles, &c., occurring for the most part in persons about or beyond the middle period of their life, who have been addicted to the pleasures of the table, and marked by more or less protuberance of the abdomen, with diminished muscular or nervous energy, is one well calculated to be relieved by the use of the Wisbaden

realized under the alkaline treatment practised at home, that we feel fully warranted in affirming that the thermal baths, by restoring the functions of the skin, diminishing waste of tissues, and soothing the nervous system, will prove a most efficient agent in diminishing the diuresis, and in increasing the bodily and mental vigor of diabetic patients. To meet another want of this class of patients, the proprietors will be prepared to furnish bran bread, made after the formula of Dr. Camplin of London, and now so largely and advantageously used by diabetic subjects as the chief staple of their diet. Suitable vegetables, containing neither starch nor sugar, or only a minimum quantity of either of these principles, and the choicest animal diet will be supplied with daily regularity.

IV.—DISEASES OF THE NERVOUS SYSTEM.

(1). In chronic paralysis, whether in the form of hemiplegia (paralysis of one lateral half of the body) or paraplegia (paralysis of both lower extremities), or partial paralysis, and even in some cases of recent origin where there is an absence of excitement of the nervous system, thermal baths have produced the most decided benefit both here and in Europe. Thus Dr. JAMES JOHNSON in his "*Excursions to the English Spas*," speaking of the effects of hot bathing at Bath, in England, as a treatment of paralysis, says:

"We have only to take a tour round the bath hospital, where nine-tenths of the patients are paralytics—most of them paraplegiacs—to be convinced that this is a disease for which the bath waters are renowned *per totum orbem*. * * * Dr. Summers, who wrote expressly on the benefit of bathing in paralytic disorders, makes the following observations: 'We have a great variety of paralytic patients, and upon exactly examining the books from the first opening of the hospital to the present time, I find the account to be as follows: Admitted in nine years, 310. Cured or much better,

208; no better and dead, 99; remain in the house, 3. From hence it appears, that more than two-thirds were either cured or received great benefit, and that only twelve died in the space of nine years. All these patients were bathed twice a week, and many of them three times. And what is very remarkable is, that of those who were cured or discharged much better, about thirty were more than forty years old, fifteen of whom were turned of fifty, and five were sixty and upwards. Now let appearances have their force, conjecture hesitate, and reason judge. And when I add, that the generality of our patients come as incurables from other hospitals, where there are physicians of the first character, and consequently where the best means are used, how strong in favor of bathing (with such obstacles) must be the above account!" Dr. Spry remarks on this passage thus:

"Looking with an impartial eye at this strong body of evidence, which could never have been brought forward in private practice, with what confidence and well grounded hope will the paralytic patient resort to these springs for relief, if he has but the patience and perseverance to adhere to the mode of treatment chalked out for him."

"Upon inquiry at the bath hospital, a very intelligent house-surgeon, with whom we visited the wards, informed us that the external use of the bath waters—bathing, pumping, shampooing, &c.—were almost the only modes of their administration. The baths, in cases of paraplegia, are used at a high temperature."*

Similar results have been attained by hot bathing at Wildbad and other thermal springs in Germany. Dr. Bell says: "Paralysis, both of the lower extremities, and of one side of the body, has been in many cases entirely removed by a course of bathing at Wildbad. Before any amelioration takes place, the patient generally experiences some pricking

*Dr. James Johnson's "Excursions to the English Spas," cited in Dr. Bell's *Treatise on Baths*.

pains and tinglings in the paralyzed parts, followed by a sense of heat, perspiration, and increase of feeling. To these symptoms succeed a gradual restoration of muscular power, accompanied by a sense of electrical shocks passing along the nerves. Paralytic persons, of a full or plethoric habit, or whose circulation is active, should watch the first effects of the warm bath, and make but moderate use of it at first."

For a record of few among the many cases of severe paralysis which have been relieved at the Virginia Hot Springs the reader is referred to the letters of SAMUEL HARDGROVE, WM. S. REID, WM. SANDERSON, JOSEPH WAMPLER, JOHN ERWIN and JOHN TYLER, all of which will be found in Part III, under the head of "DISEASES OF THE NERVOUS SYSTEM." This list might have been increased tenfold if a regular record had been kept of all the cases successfully treated at these springs.

(2). For the details of a case of anomalous "SPINAL IRRITATION," attended with violent convulsions which rendered the patient's life a continuous torture for a period of sixteen years, and which was cured by the baths at these springs see the remarkable certificate of J. J. PACE.

(3). Very many cases of NEURALGIA have been cured by the use of the hot spout bath, but we are without statistical records on this subject. A single certificate, that of J. C. HERBERT of Maryland is in our possession and will be found in its appropriate place in Part III of this pamphlet.

V—UTERINE DISEASES.

Warm and hot baths have so long been recognized as important auxiliaries in the treatment of uterine disorders both functional and organic that it can scarcely be necessary to say more on this topic than to enumerate the special diseases which have been more or less benefited by their employment, such as suppressed and difficult menstruation—inflammatory leucorrhœa arising from chronic endometritis of the neck or

of the body of the womb—indurations of the uterine neck—chronic ulcerations of the same—intra-mural fibroids—displacements caused or maintained by obstructions of the portal circulation—vaginitis—cancer, &c. &c.

A recent writer of high repute in his special department, Dr. HENRY G. WRIGHT,* physician to the Samaritan hospital for diseases of women, in London, gives a very clear and convincing demonstration of the influence exerted by certain states of the liver and of the portal circulation in producing displacements and functional derangements of the uterus, by reason of the connection of its veins with the portal system; and we have seen that no agent is more efficacious in correcting these disorders of the portal circulation than the hot bath used with due discrimination.

Irrigations of the vaginal canal and of the uterine neck have of late been used with so much advantage that they are now resorted to as a formulary method of treatment in a large majority of the cases collected at the hospitals for uterine diseases. In these institutions, in our cities, recourse is had, of course, to simple water artificially heated.

Here again we have to express the confident opinion that such irrigations practised with the natural thermal waters are in many chronic uterine affections far more efficacious. The practice has indeed been borrowed from the thermal springs of Europe. Thus, as stated by Dr. Bell, in the great reservoir at Bath, in England, called the King's Bath, there is a subaqueous douche or pump for directing a stream of water to any particular part of the body in the bath. This ascending douche may be applied to the perineum, the rectum or the vagina, while the descending douche or the ordinary spout may be directed separately, or at the same time, to the lower part of the abdomen or to the sacrum.

The beneficial effects of the thermal waters at Vichy is

*Uterine disorders—their constitutional influence and treatment. By Henry G. Wright, London, 1868.

the treatment of uterine disorders were so marked and decided as to arrest the attention of DR. WILLEMIN, the assistant inspector in the service of the French government, and to induce him to publish a valuable work "*On the Employment of the Waters of Vichy in Chronic Affections of the Uterus*," which is very favorably noticed in the British and Foreign Medico-Chirurgical Review for July 1860. Dr. Willemin considers that in chronic enlargement of the uterus connected with anteversion or retroversion, the treatment of Vichy possesses remarkable efficacy; he also recommends it in chronic metritis, although in the latter case it may be necessary, before having recourse to the waters, to combat the inflammation by appropriate antiphlogistic remedies. In cases of peri-uterine inflammation, the Vichy treatment was likewise found successful; and in several cases where sterility appeared to have depended on a retroversion of the uterus, impregnation has occurred after the use of the waters. In suppressed menstruation also the discharge was frequently re-established, especially when the obstruction was dependent on uterine engorgement. The treatment in most cases consisted, not only in the internal administration of the waters, but the application also in the form of the general bath, as well as the *bains de piscine* and the use of *irrigations* during the bath. The observations, of cases which are very numerous, appear to have been made and recorded with great care and faithfulness."

In this class of cases, as well as in some other chronic affections which have become fastened upon the system, it would be extremely unreasonable to expect prompt and radical cures. But if a chronic endometritis, which for several years had resisted the best directed efforts of competent physicians to relieve it, should undergo the most decided amelioration after a course of bathing taken systematically at the Hot Springs for two months, and this be followed by an amenability to medical treatment which had not before been ob-

served, such a result would in itself be a sufficient recommendation of this natural agent. It is of comparatively little importance to the relieved invalid whether the benefit be exclusively due to the effects of the waters used at their source or to the combined effects of the waters and of the social and hygienic influences which may be very powerful adjuvants. In either case the benefit arises from a visit to the Springs at a season when a continued sojourn in the city is well nigh intolerable to the invalid. A large experience, for the most part unrecorded, warrants us in affirming that the thermal waters of the Hot Springs are proved to be most valuable agents in the treatment of uterine disorders.

VI.—GENERAL DISEASES.

(1). The whole class of CHRONIC SKIN DISEASES, whether simple or specific, are appropriately and successfully treated by thermal baths, especially of the sulphuretted and saline waters, which act as alteratives internally and locally as stimulants. This is especially the case in CONSTITUTIONAL SYPHILIS when mercury has failed to effect a cure and remains in the system.

(2). "Next to syphilitic diseases of old standing, come the whole class of RHEUMATIC and GOUTY affections of a chronic type. *In no disease or class of diseases have the effects of mineral waters been more appreciated, especially those of the thermal waters.* Perhaps as striking a proof of the great efficacy of mineral waters, in popular estimation, is to be found in the great request in which *natural thermal waters* are held in the east, where ordinary hot baths are habitually used to such an extent. Thus Sultan Suliman the Great was cured of the gout, after all other means had failed, by the waters of Broussa."*

* British and Foreign Medico Chirurgical Review, April 1857. The Reviewer makes the statement on the authority of Dr. T. A. Bernard, Professor of Internal Pathology and Clinical Medicine at Galata Serai.

The Vichy waters have long enjoyed a considerable reputation in the treatment of GOUT, but it is proper to add that a great part of the benefit is, doubtless, due to the internal administration of the alkaline ingredients of those waters. Still, however, the benefit is so much more decided than has been obtained by the alkaline treatment alone that a good measure of the success may reasonably be attributed to the thermal baths. Dr. Barthez reports the results of the treatment of 135 cases, of which 69 were cured or apparently cured, 66 were improved, and only 9 experienced no appreciable amendment. "In no case was any untoward accident observed from the use of the waters."

As to that distressing and very common disease, CHRONIC RHEUMATISM, we confidently affirm that no other system of treatment offers an equal chance of benefit with that employed at thermal baths.

In the military *Sanatoria*, or hospitals for invalids, established by the French government at various thermal springs in France a remarkable degree of success has been attained in the treatment of cases previously considered incurable. Thus 74 per cent. of cases which had passed through the ordinary hospital treatment were decidedly benefited, 26 per cent. having been cured, and 48 per cent. more or less "relieved." It was especially remarked that *the most favorable per centage was found among the rheumatic cases.**

Of eighty (80) cases reported by Dr. Barthez, as treated at Vichy, thirty-five were considered to be cured, thirty-one improved, and in fourteen no result was obtained.

Out of many hundred cases of rheumatism, gout and rheumatic gout, which have been more or less benefited at the Virginia Hot Springs, only a portion have been recorded in

*British and Foreign Medico-Chirurgical Review, Oct. 1856. For a further notice of these Sanatoria in their relation to the treatment of old injuries and other chronic maladies of soldiers see class vii, "surgical diseases."

the letters of D. H. LONDON, WM. M. DARLINGTON, H. CALLOWAY, WM. CHAPMAN, B. PRESTON, P. A. BROWNE, THOMAS G. COLEMAN, D. G. DOAK, MUSCOE GARNETT, P. G. UHLER, DR. GEORGE C. SUGG, JOHN F. BALLEW, DR. LOUIS E. ATKINSON, WM. GILLIAM, DR. THOMAS LINING, and S. FLEMING.

(3). In scrofulous affections, the Hot Springs are only recommended as preparatory to the beneficial action of the Rock-bridge Alum waters, which, when the system has been duly prepared for their use, effect marvellous cures, transcending the effects of cod liver oil, or those of the preparations of iodine and bromine.

VII.—SURGICAL DISEASES.

The use of mineral waters in surgical diseases was brought to the notice of the military authorities in Great Britain, especially in reference to surgical diseases resulting from wounds, by Dr. Pincoffs, who had been attached to the hospitals in the east. According to the British and Foreign Medico-Chirurgical Review, Dr. Pincoffs' pamphlet contained very sound arguments in favor of the establishment of military hospitals in connexion with such waters as those of Bath, the great thermal watering place of England. In the east, the military authorities of the English hospitals had directed their attention to this subject with reference especially to the waters of Broussa and Mytelene, both of easy access from Scutari. In France, as Dr. Pincoffs showed, such establishments are found to be exceedingly favorable in the cure of old wounds.*

*The value which the French military authorities place upon thermal baths, is attested by the fact, *that at six different places of the kind they possess military sanatoria or hospitals*, namely at Amelie-les-Bains, Baresges, Bourbonne-les-Bains, Bourbonne-l' Archambault, Vichy, and Guagno in Corsica. Similar institutions are to be found in the well-known watering places of Carlsbad and Tooplitz in Germany. * * * *

"Inveterate rheumatism, diseases of bones, skin diseases, syphilitic affections, are peculiarly amenable to treatment by the thermal sul-

For an illustration of the efficacy of the thermal baths at the Virginia Hot Springs in curing rigid contraction of the muscles of the leg, supervening upon a severe injury and pronounced incurable by the late Dr. Physick of Philadelphia, the reader is referred to the case of the HON. JOHN Y. MASON, late United States minister at the court of France, as narrated in his letter to be found among the certificates of special cases of cure in Part III of this pamphlet.

VIII.—MISCELLANEOUS CASES.

In addition to the above specified classes of disease, the following named affections have in many cases yielded to the influence of the thermal baths at the Hot Springs of Virginia, used in combination with other appropriate treatment, after the latter alone had failed to effect a cure: Intermittent fever, chronic ovaritis, pelvi-peritonitis, renal calculi, spasmodic stricture of the urethra and the morbid habit which was expressed by its frequent recurrence, organic strictures of the urethra, enlargement of the prostrate gland in persons not very advanced in age, indolent swellings of the joints, chronic

phurous springs and other thermal waters; whilst wounds and ulcers, with the secondary effects of the various injuries to which the soldier is liable, are often found to undergo a change and amelioration under their influence, when ordinary medication was failing to work a cure. We gather from a work by M. Herpin, containing very elaborate calculations, that the following is the per centage of cases benefited by this mode of treatment:

Cured.....	26 per cent.
Relieved.....	48 " "

Thus seventy-four per cent. of cases which had passed through the ordinary hospital treatment were decidedly benefited; cases which, but for the sanatoria, would probably have been allowed to linger out their lives as hopeless invalids. It is to be especially remarked, that the most favorable per centage is found among the rheumatic cases, which nearly regards us (the English people) as the most rheumatic nation in the world."—[*British and Foreign Medico-Chirurgical Review*, October 1858.

inflammation of the lymphatic glands, the carbuncular diathesis, aphonia, deafness, &c.

REACTION FEVER PRODUCED BY HOT BATHING.

It is important, in order to quiet the apprehensions that might otherwise alarm patients and disappoint their medical advisers not previously acquainted with the phenomena, to state that a large proportion of persons taking a series of hot baths experience a kind of "reaction fever" in the course of the treatment. Dr. Heim, quoted by Dr. James Johnson (*Pilgrimages to the Spas, &c.*), and by Dr. Bell (*Treatise on Baths*), says:

"This state of visitation seldom lasts more than a few days, and generally disappears without any internal medicine. This reaction is precisely that which ought to inspire the greatest hopes in the patient, as it announces a change in his constitution and a victory over his malady. The disagreeable sensations, however, which he feels, often put him out of humor with the baths, especially if old pains and discomforts that had ceased now re-appear, which they often do. He becomes impatient and morose, when he is revisited by rheumatic pains, neuralgia, gout, hemorrhoids, &c., which he had thought to be extinct. Such reaction, however, is indispensable towards the victory of nature and the baths over the disease for which they are employed. The waters of Wildbad are remarkable for this re-production of old disorders, at the moment they are eradicating the more recent ones."

Similar effects have been noticed at other thermal baths in Germany. Mr. Lee (on the Principal Baths of Germany) makes the following observations on the baths of Wisbaden:

"The beneficial effects of the Wisbaden and other mineral springs, are most evident during the time of their use, after the system has been for some time subjected to their action, and are not unfrequently consecutive to discharges or eruption of a critical nature, induced by the water, which by per-

turbatory action, and by exciting the vital energies, frequently brings disease from the chronic to a more acute state, previous to their removal. Hence a slight degree of feverishness, with increase of long standing pains, &c., are frequently proofs of the beneficial action of the water, and precursors of a favorable change. In other instances *no perceptible effect or amelioration takes place during the employment of the waters, but becomes apparent after they have sometimes been discontinued.*"

This has so often occurred at the Virginia Hot Springs as to have passed into a proverb. Very many patients have left the springs in despair, and have been most agreeably disappointed at a subsequent period to find that they have actually been cured. See the letter of Dr. GEO. C. SUGG, who states that after taking thirty-five baths he "was very much disheartened and dissatisfied;" the baths made him very sore, lame and weak. Thinking that there was no relief for his case he departed, and was astonished to find at Staunton, where he spent the night, that he could turn in bed (which he had not been able to do for three years). He continued to improve gradually after this. See also the letter of H. DAVRAINVILLE and that of Dr. L. E. ATKINSON for examples of aggravation of pains as preparatory to their final removal under the influence of the hot baths.

In conclusion, the proprietors would beg leave, in addressing themselves to invalids suffering from such chronic complaints as have been herein referred to, to borrow the sprightly language of the enthusiastic author of the "Spas of Germany:" "Do not waste your life and purse in swallowing endless drugs and ringing the changes of remedies and doctors, pent up in a hot house in the city during the summer months, or in being lifted in and out of your carriage, the prey of some chronic and insidious disorder which baffles your vigilant physician's skill. Fly, I say, from these evils—proceed to some spring of health and commit yourself for once to the hands of na-

ture—of medicated nature—assisted by every auxiliary which an excursion to a German Spa" (or, we may say, to the mineral springs in the mountains of Virginia) "brings into play, and depend upon it, that either at the first or at the second or third occasion, of visiting and using such Spas, you will have reason to rejoice that you exchanged art for nature; always provided you act under proper advice in the choice and use of them."

In Europe, according to this writer, "the affirmation and approving voice of many centuries, of many physicians of the first eminence, and, what is better still, of many patients who have been cured by mineral waters, after having in vain tried all the resources of art" attest the great value of these natural remedies. We add the expression of our conscientious and decided belief that in their power to subvert disease and to restore health in the maladies for which they are recommended, the

VIRGINIA HOT SPRINGS

ARE NOT EXCELLED BY ANY MINERAL WATER ON THE FACE
OF THE GLOBE.

S. C. TARDY & CO.,
PROPRIETORS.

Part III.

CERTIFICATES OF CURE

AND LETTERS ON THE THERAPEUTICAL EFFECTS OF THE HOT SPRINGS BATHS.

The attention of those who may feel an interest in the subject is respectfully called to the annexed certificates of cure of various diseases effected by the Hot Springs. These statements are made by persons entirely disinterested. Most of them were given by the several writers at different times to the late Dr. Thomas Goode, the former proprietor of the Hot Springs. A few have been collected since his death. Some of the writers are eminent physicians, others are men of national reputation, and the character and intelligence of all of them forbid the idea that they could either be deceived themselves, or would assist to deceive others in regard to the effects of the waters.

GENERAL CERTIFICATES.

LETTER OF DR. RIVES.

His opinion of the value of the Hot Springs, as a remedial agent in rheumatism, gout, diseases of the liver, paralysis, enlargement of the prostate gland, &c., &c.

Roanoke, April 2nd, 1858.

DEAR SIR:—After suffering for two years excruciating pain from chronic rheumatism, I determined to try the effects of the Hot Springs Baths for this disease. In accordance with this determination I spent about two weeks last September

at your springs (my occupation not giving me more leisure at that season), and I was for a time somewhat disappointed at the result, as my pains were rather increased for a month after my return home; but during the whole of the past winter I have been entirely free from this painful malady, notwithstanding constant exposure to the inclemencies of weather in the practice of my profession. I attribute the cessation of these rheumatic pains entirely to the effect of the Hot Springs baths.

I observed that the primary effect of the baths upon the circulation of the blood was excitant, and the secondary effect sedative; which accounts, in part, for the curative properties of your baths in chronic diseases, especially where depositions or morbid alterations have occurred in the tissues. Along with this excitement of the circulation of the blood is a corresponding excitation of the absorbent vessels, which in chronic diseases, generally, are inactive. These vessels are stimulated to the performance of their natural functions, and the result is, that the deposits which have been left in the tissues by previous disease are re-absorbed, and these tissues restored to their normal structure and function. The secondary sedative effect insures the patient against the danger of an inflammatory action. Thus stimulated from day to day, the absorbent vessels regain their wonted office, and disease gradually disappears. This is without doubt the "rationale" of the way in which the Hot Springs baths cure the chronic form of rheumatism, gout, menstrual derangements dependent on ulceration of the womb, syphilis, enlargement of the prostate gland, deformities from old injuries, &c., &c. What assistance is derived from the chemical constituents of the waters, I am unable to determine, but I should think their influence must be potent, or such results would hardly have obtained as I have witnessed in the above named diseases; and in paralysis, torpidity and enlargement of the liver, en-

largement of the spleen, jaundice, and in some forms of chronic diarrhoea.

The spout baths proved in my own, and in many other cases, as active a stimulant to the liver as calomel itself. From personal observation, and upon the representation of many intelligent visitors, I have no hesitation in recommending persons afflicted with any of the diseases I have enumerated, to resort to the Hot Springs as the most pleasant mode of obtaining relief. I certainly expect to avail myself of the advantages of these baths for a short time every summer.

With sentiments of the highest regard,

I remain your friend and obedient servant,

LANDON RIVES, M. D.

To MR. S. GOODE, Hot Springs.

LETTER OF DR. WILLIAMSON.

His opinion of the beneficial effects of the Hot Springs when employed
TO PREPARE THE SYSTEM FOR THE USE OF OTHER MINERAL WATERS;
also, in diseases of the liver, gout, rheumatism, paralysis, &c., &c.

Boydton, Va., May 1st, 1858.

THOS. F. GOODE, Esq.:

DEAR SIR:—I cheerfully comply with your request for my opinion as to the curative powers of the Hot Springs. From my observation of the effects of these waters, I am entirely satisfied that they are among, if not the most potent of the Mineral Springs of Virginia, for the cure of most of the obstinate chronic forms of disease, for which they are resorted to, particularly for the condition of the system depending on a general derangement of the secretions with torpor and inactivity of the various organs. With very few exceptions, I regard the Hot Springs as the best preparatory for beneficial results from the use of the waters of the other springs. They excite the torpid organs, and thereby render the sys-

tem more susceptible of immediate effects in many cases in which other waters are ultimately more especially adapted.

It is frequently the case that invalids spend some time at the White Sulphur and other springs with but little, if any benefit, when upon visiting the Hot Springs, and returning to these places, they experience immediate beneficial results. I generally advise invalids, who consult me as to the use of the various mineral waters, to resort to the hot baths, before visiting other springs; and to do this in many cases, in which I regard other waters as more particularly indicated, for the reason that I believe the relaxing effect of the hot baths renders the system much more susceptible of prompt and efficient action from other waters. I am convinced that in many instances, in which the sulphur waters are resorted to in the first instance with but little or no beneficial result, they would prove highly efficient if aided by a previous application of the hot baths. As a remedial agent in gout, rheumatism, paralysis, and all affections of the liver, the Hot Springs are justly considered without a rival. In fact, so astonishing has been the relief afforded by these waters in the diseases here enumerated and in others, that it would be almost incredible, but that it is attested by persons of as high character as any in the land.

Yours truly,

JOHN W. WILLIAMSON, M. D.

LETTER OF DR. FRANCIS E. LUCKETT.

His opinion of the value of the Hot Springs as a curative agent in various chronic diseases.

Richmond, Va., May 18th, 1860.

MY DEAR SIR:—In response to your inquiries on the subject, I take much pleasure in furnishing you with my impressions as to the medicinal and remedial properties of the Hot Springs water. Having resided for four years or

longer at the Warm Springs (but five miles distant), engaged in the practice of my profession, most favorable opportunities were afforded me in numerous instances, for observing the curative influences of these waters, and I do not hesitate to say that I believe them to be the most reliable and efficient agents in the treatment and cure of the large class of diseased conditions to which they are adapted in this country. I will enumerate as follows: Chronic rheumatism and gout, paralysis in its different forms, neuralgia, diseases of the liver, with its various complications and consequences, as jaundice, indigestion, obstinate constipation, dropsical effusions, &c; visceral engorgements, as of the spleen and other organs, irritation of the spinal column, with its attendant consequences; the numerous class of deformities arising from injuries to muscles and joints; chronic diarrhœa, dependent upon torpidity of the liver or debility; engorgement or enlargements of the uterus, attended with suppressed, diminished, or painful secretion; enlargement of the prostate gland. Such is my confidence in the curative action of the hot spout, that I shall seek its aid, the coming summer, in my own case, for the relief of a torpid liver, with rheumatic complication.

Hoping sincerely that you may enjoy in the ensuing season, as heretofore, that extended patronage which both the value of the water and the admirable accommodations of the place are so well entitled to secure,

I remain, very truly, yours,

F. E. LUCKETT.

S. Goode, Esq., Hot Springs, Bath county, Va.

OPINION OF DR. GEORGE B. WOOD,

Of Philadelphia, in regard to the curative properties of the Virginia Hot Springs in rheumatism, gout and chronic hepatitis.

In his work on the Practice of Medicine, Dr. Wood, one of

the professors in the University of Pennsylvania, and one of the most eminent medical men of the age, thus notices these waters as remedial agents: Under the head of *chronic rheumatism*, he says (see second edition, vol. 1, page 443, Wood's Practice of Medicine): "The hot bath taken daily and persevered in for a considerable time, often does much good; and obstinate local affections sometimes give way to a stream of hot water directed upon them, or the hot douche. A visit to the Hot Springs in Virginia may be recommended."

Under the head of *gout*: The Hot Springs of Virginia are sometimes very beneficial." (Vol. 1, page 464, second edition, Wood's Practice.) Under the head of *chronic hepatitis* (Wood's Practice, second edition, vol 2, page 461): "The Hot Springs of Virginia have also been found useful, employed in the form of a bath."

LETTER OF F. B. WATKINS, M. D.

Richmond, May 1st, 1868.

MESSERS. S. C. TARDY & Co.:

GENTLEMEN:—I herewith give you my views and opinion in relation to the value of the Hot Springs, Bath county, Va., of which you are now proprietors. I regard them as the most valuable thermal springs on this continent, and would be glad to direct the attention of physicians, unacquainted with them, to their great value as a powerful auxiliary in the many obstinate cases of disease. You can make any use of this letter you may see fit.

Some years ago my own ill health led me to pass almost the whole of the season at these springs. During my sojourn there—from circumstances not necessary to detail here—I had peculiar advantages for observing the action and effects of the waters and baths in a variety of diseases. My convictions then formed, are still unchanged, and I regard the Hot Springs as of more value for a large class of patients

than any other one watering place in America, and furthermore, that the curative power of these waters, when directed by an intelligent physician, is greater, more prompt and certain than almost any agent which we can select from the *materia medica*. The Hot Springs were thronged with visitors the whole of the season I spent there, so that I had ample opportunity for observation, and I will here take the liberty of remarking as one of the results of my experience, that both physicians and invalids fall into grave error, in my opinion, by not seeking the Hot Springs as a place of *first resort* instead of visiting it *last*, and if many patients, who now reverse this order of proceeding, would go at first to the Hot, they would often find no necessity or inducement to go elsewhere to seek relief from their maladies.

I believe the Hot Springs is the best place of preparation for deriving benefit from other mineral waters in the state. I do not mean these remarks to apply to those cases of chronic rheumatism, gout, nervous diseases and their congeners, for the relief of which the "Hot" has at least an American reputation, and no competitor, but to a still larger class of disorders of liver, stomach and bowels.

I do not presume to address these remarks to medical men who may have enjoyed the same opportunities for experience on this subject as I have, but to those of my brethren who have no personal acquaintance with the "Hot," who may be glad to learn of that valuable agent for the relief of intractable diseases.

Very respectfully yours,

F. B. WATKINS, M. D.

CERTIFICATES OF SPECIAL CASES OF CURE.

CLASSES I & II.*

DISEASES OF THE LIVER AND OF THE DIGESTIVE CANAL—DYSPEPSIA, DIARRHOEA, DYSENTERY,
GASTRALGIA, &c. &c.

Hot Springs, Va, Sept. 23, 1856.

From April, 1849, until June, 1854, I was a constant sufferer from chronic diarrhoea, which supervening upon an attack of something like cholera, was so obstinate as to evade the best medical skill, North and South. I would sometimes, from the use of medicines, obtain partial relief, and gain sufficient strength to engage in active pursuits—but only for a brief period—to be again prostrated under an acute attack upon the slightest exposure, from which new remedies were required to raise me—those which had previously proved efficacious failing to make any favorable impression when taken the second time. The liver was undoubtedly the seat of my disease, and was so torpid that it could only be goaded into feeble action under the use of mercurials—subsiding again into its former condition, when their use was suspended. In fact, my system did not seem to furnish the elements of the biliary secretion. At times I became so feeble and emaciated, from the effects of this distressing disease, that it seemed impossible for me to rally again. The various watering places, which were recommended by sympathizing friends, were tried, but without avail. Cooper's Well and Bladen Springs afforded temporary relief, but the disease returned

*These numbers refer to the classes of disease enumerated in Part II.

upon me, shortly after leaving them, with as great severity as before. The cold water cure was tried for a few days, from which I barely escaped with life. I had nearly despaired of ever obtaining relief, and came to the mountains of Virginia, to visit the Rockbridge Alum in June, 1854, as a dernier resort. For two weeks I improved there slightly, but afterwards lost ground rapidly, and at the end of three weeks was confined to my bed. These waters, evidently, did not suit my case; and after a week's confinement, being sufficiently strengthened by the use of medicine to bear a short journey, I came over to the Warm Springs. At that place I learned from some of my visitors, incidentally, of the value of the Hot Springs in cases of diarrhœa. I came over and gave them a trial—commencing at the temperate bath for a day or two, and afterwards alternating between the "Hot Douche" and the "Boiler" bath. I soon became conscious of a sensible amendment of my symptoms, and began to improve in flesh and strength. I continued bathing for a fortnight, and left for the Red Sweet Springs, where I remained a week, and again returned to the Hot Springs, bathing as before for another fortnight. My improvement was steady and progressive, and when I left the mountains in October, 1854, I was restored to comparative health, and had gained in weight from 109 lbs. to 132 lbs. I could walk several miles without fatigue, and altogether felt myself to be a new man. I returned home (to Mobile) in November, and during the succeeding winter had again a return of my complaint, but milder in form and much more manageable than before. In June, 1855, I returned to the Hot Springs, and the use of the baths was attended with the same happy effects as in 1854. Alternating between the Hot and the Red Sweet Springs, I became entirely restored, and returned home well, and have remained well.

I am again a visitor at the Hot Springs the present season, *for the purpose of fortifying my system against any lingering*

predisposition that may remain, and shall, if life is spared, probably return here for several seasons to come, in order to confirm what I really consider to have been one of the most extraordinary cures ever effected by any mineral waters.

If this hastily written statement shall induce any persons who may be suffering under like affliction, to obtain relief by following the course which I have pursued with such happy results, I shall be much gratified.

Yours very truly,

FRANCIS B. CLARK,
Of Mobile, Ala.

In reply to your inquiry of last evening, with regard to the permanency of the benefit which I derived from the use of the Hot Springs baths, as described in my letter to Dr. Thomas Goode, I have to say that from that day until the present time my health has continued uniformly good; and two years' additional experience and observation have only confirmed and strengthened my previous estimate of the remedial powers of the hot baths in cases of obstinate and deep seated chronic disease.

A feeling of gratitude for my own restoration has led me to recommend the use of these baths to many friends suffering from diseases for which the Hot Springs had proved beneficial to others, and it has been a source of pleasure and satisfaction to me to know that I have thus been instrumental in promoting their recovery. The increasing facilities of travel will soon make the Hot Springs accessible to invalids from all parts of the Union, and it is destined, at no distant period, to occupy the front rank among the celebrated mineral waters of the country.

F. B. CLARK.

Nottoway County.

I was violently attacked with what is commonly called the Bilious Colic (whether from the passing of calculi, or a deranged state of the secretions of the liver, I am unable to say), followed by an ardent fever, terminating on the ninth day in a well marked case of jaundice, with dyspeptic symptoms and great debility. As soon as I was able to travel I set off for the White Sulphur Springs in a carriage, and was again attacked on the day of my arrival with violent pains and spasms in the region of the stomach and liver, followed by fever and an increase of all the above mentioned symptoms. And as soon as it was thought prudent, I commenced the use of the White Sulphur water in combination with the blue mass or calomel, and the most approved vegetable extracts. The water, so far from relieving, evidently aggravated my disease, proving highly exciting, and not in the slightest degree affecting the biliary secretions. I used the White Sulphur water eighteen days, and not receiving any benefit I determined to try the Hot Springs. On my arrival there I was greatly debilitated and in much pain, commenced the use of the bath that evening, and so great was the sensibility of the liver and whole abdominal region, that I could not for a moment suffer the spout bath to fall on it. I used the spout bath with evident benefit for five days, and on the sixth went into the boiler or sweat bath. The first sweat seemed to unlock the liver as by magic, causing free discharges of bile, and from that day all the functions of that organ appeared to be perfectly healthy and regular. I daily gained flesh and strength, and returned in the latter part of September nearly restored to health. In December following I was again attacked with all my old symptoms, if possible in a more violent degree (produced by exposure to a snow storm), which nearly proved fatal. I was confined to my bed all the winter, and did not leave my house till late in March. My recovery

was slow and imperfect, and in August, 1839, I determined to try the Hot Springs again. On my arrival my health was very bad,—symptoms nearly as in 1838; my bowels nearly insensible to the most drastic cathartics. I was not disappointed in my hopes from the use of the baths, but realized my most sanguine expectations. After using the spout and sweat bath alternately for eighteen or twenty days, finding my health greatly improved, I went on to the White Sulphur, and found the water to agree admirably well with me, experiencing none of the injurious effects this season which it evidently produced in 1838. Since my return home I have continued to enjoy good health; and have no hesitation in saying I owe it all, under a kind Providence, to the Hot Springs. I have purposely delayed sending this communication at an earlier day, that there should be no mistake from any temporary benefit derived from the use of the baths. My experience warrants me in saying that the use of the Hot Spring bath is the very best preparation of the system for the safe and beneficial use of the Sulphur Waters of Virginia.

A. A. CAMPBELL, M. D.

About four years ago my liver became diseased, dyspeptic symptoms came on with a diarrhoea, which continued for eight months, and in spite of the best medical aid, prostrated my whole system, and destroyed my health completely, terminating in a fixed enlargement of my liver and spleen—my colon also was greatly distended, and felt hard. My physicians thought it indurated and incurably diseased. My sufferings were constant, and oftentimes severe.

Deriving no benefit from medicine, I was induced to visit the Virginia Springs. I used the White Sulphur water twenty-five days with some benefit. It caused moderate discharges of bile from my bowels, but did not reduce the size of the liver, spleen nor intestines. I then came to the Hot

Springs, and by your direction commenced the use of the spout bath, temp. 100. About five hours after taking the first bath I felt a contraction in the region of my liver, with pain like the twisting of a corkscrew in the direction of my intestines, which soon extended to the lower bowels, followed by several copious evacuations, not less than two quarts, resembling tar in color and consistence, and producing great heat and pain as it passed off. In a short time I felt much relieved. The next day I took the same bath, which was followed by some pain and several moderate, dark discharges. For the next three days no sensible effect was produced by the bath. You then directed me to the spout, temp. 102, which was followed by pain and copious discharges, of a color not so dark as the former. From this time, the sixth day, I have experienced daily amendment. My liver, spleen and colon, so far as I can ascertain, are all reduced to their natural size. I suffer no uneasiness whatever, but feel perfectly restored in all respects. I have used the baths for three weeks only.

My residence is at Point Coupee, State of Louisiana.

M. TOUNOIR.

Beach Hill.

I have been a confirmed dyspeptic for near five years, with symptoms of the most distressing character. My bowels in a state of obstinate costiveness—medicine making but little impression on them. I applied for aid to many of the most celebrated physicians, but got no relief. I then determined, as a last resort, to try the Virginia Springs. I attended the Sweet Springs, the White and Salt Sulphur, and the Hot Springs. From the three former I derived no benefit whatever. But the benefit which I did receive was from the spout bath at the Hot Springs, which I believe saved my life. On the third night I was waked up by a severe griping, which

was followed during the remainder of the night by repeated and copious discharges of vitiated and acrid bile. The next morning I was greatly better, and afterwards improved rapidly. I remained only eight days, and gained eleven pounds in weight. I went by your direction and took no medicine.

I am very respectfully, yours,

CHARLES HAMLIN.

Charlottesville, November 10, 1842.

At the request of Mrs. Kelly, I furnish you with a brief statement of her case.

Mrs. Kelly was attacked with unequivocal and decided hepatitis: 1st, in its usual form with all its peculiar and characteristic symptoms, resisting the most active and vigorous remedial agents that could be adopted. The disease gradually progressing into the chronic form, with enlarged liver, jaundice, diarrhoea, &c. In this stage the appropriate remedies were perseveringly used, still without relief, until the season approached for a trial of the mineral waters. At this period such was her debility, emaciation and prostration, that her friends despaired of her reaching the Springs. The effort, however, was made, and she arrived at the White Sulphur, where she remained six weeks, using the water without improvement in her complexion, or any favorable impression on the disease—she is now transferred to the Hot Springs, where she remains one month, assiduously employing the boiler and the spout baths, and under their use she became completely relieved, the jaundiced state of the skin disappearing, also the enlarged condition of the liver, with an almost entire exemption of any serious recurrence of the disease from that period to the present time.

CHAS. CARTER, M. D.

A long indisposition from the effects of a deranged state of my liver led me to try the hot spout bath at your Springs. I had previously remained four or five weeks at the White Sulphur, from which I had derived much advantage, but not so much as to make me believe that I could not be further benefited by the use of the hot baths.

Its effect upon me was immediate, and as powerful as I had been led to suppose, producing a free action of the liver. I continued to use them eight or nine days with equally happy effects. Entertaining, as I do, the highest opinion of the efficacy of the Hot Springs in all cases of a diseased liver, I am led to give you this simple statement for the benefit of others who may stand as much in need of them as myself.

Very respectfully, your obedient servant,

JOHN L. MANNING,

Of South Carolina.

For nearly three years I have been subject to very frequent attacks of jaundice. My liver became torpid and refused to perform its functions—the biliary duct seemed to be closed—my bowels became much disordered, and I had a confirmed chronic diarrhœa. I became very weak from the effects of medicine, and was unfit for business or society. By the advice of my physicians I left Philadelphia for the Virginia Springs, and reached the Hot Springs early in July much exhausted. I used the spout bath for three days, and on the fourth I took the sweat bath, which reduced the number of discharges from my bowels to one a day, and I felt better. I continued the sweat bath for near three weeks, and my health appeared to improve from every bath. My appetite and strength increased rapidly, and my complexion, which was very sallow, became clear and healthy. I then went to the White Sulphur for two weeks, taking from eight to ten glasses of water daily, with evident benefit. I returned then to the *Hot Springs*, and took the sweat bath nearly every day for

two weeks, with half a wineglass of a mixture of the extract of taraxicum, when I found my health restored. I had gained twenty-four pounds in flesh.

Yours respectfully,

D. R. KIRKPATRICK,
Of Philadelphia.

Dear Sir,—I have been laboring under a disease of my liver for more than four years, attended with dyspeptic symptoms of the most distressing kind. I have had almost constant pain in my head, back, right side and shoulder blade, at the pit of my stomach, and in my bowels, which have been so constipated as to compel me to take some opening medicine nearly every day. I was confined the most of last winter to my room, and was reduced almost to a skeleton. I derived no benefit whatever from medicine. I finally determined to try the Sulphur Waters of Virginia. After using the Sulphur Waters for more than six weeks, I found myself rather worse, and started for home, but was induced by the advice of Dr. Smith, of South Carolina, to make trial of these waters, I had no faith in them, and to my great surprise, the very first bath helped me. On the third day, my bowels were moved by the effects of the water alone, and they have been moved sufficiently every day since without the aid of medicine, with discharges of bile, which has not been the case for the last four years. I have been here thirteen days, have taken twenty-five spout baths, and have mended every day; my digestion is good, and I am entirely free from pain, and hope my disease is removed. I would stay longer, but my business calls me away. Should my disease return, I shall know where to seek relief.

C. CARLTON,
231 Pearl street, New York.

I visited the Virginia Springs with liver disease, as stated by many physicians. I used the Sulphur Waters for some time, but without any decided effect. I then came to the Hot Springs, and after using the spout bath a few days, the pain in my right side increased from a dull to an acute, which induced me to apply to Dr. Goode for advice. He gave me ten grains of calomel, which brought about a most happy change in my feelings and health, producing copious discharges of dark bilious matter, when forty grains often before taken produced but a limited effect. From the Hot Springs I returned to the White Sulphur, and the water then acted freely on my bowels.

JAMES L. COLEMAN,
Of Georgia.

I was seized with Cholera, in a Southern climate, from which I had scarcely recovered, when intermittent fever attacked me. This continued at intervals until September, when congestive fever supervened, and continued with much violence for the space of nine days, and only subsided to give place to the intermittent again. From this time a morbid appetite began to prey upon me. The ague alternated with a severe dysentery, until March, 1834, œdematous swellings of the lower extremities made their appearance, but gave way to the use of alteratives and muriated tincture of iron. I became much emaciated and debilitated; my spleen became much enlarged; an excessively morbid condition of the stomach continued and an ungovernable craving for food of the grossest description, and other undigestible substances. In the meantime an uncontrollable diarrhœa, which has given me more uneasiness than every other symptom, came on. During nearly three years, every article of diet swallowed would ferment, produced the most distressing cardialgia, and run off from the bowels by profuse watery evacuations. The spleen in the left side, and swelling of the stomach and intestines, *was great and painful*. The irritability of the alimentary

canal was so great that the smallest portions of calomel or blue pill combined with opiates, would produce an hypercatharsis, sometimes almost fatal; neither food nor medicine agreed with me. In this state of almost despair, I visited the White Sulphur Springs, and finding that the water disagreed with me, inasmuch as it proved too drastic, I determined to visit the Hot Springs. In a few hours after using the bath I had a bilious discharge, which had not occurred for eight months. In four days' time my diarrhoea ceased, and my evacuations became almost healthy in complexion. I had been very much annoyed with hæmorrhoids for fifteen months, which was relieved by the spout bath in three days. The improvement in my complexion was so great that the visitors would remark, "Why, Doctor, you will soon be well;" my spleen was reduced about one half, the abdominal muscles became relaxed and soft, my strength and activity were much improved, and every symptom seemed to give way to the use of the bath.

A. Y. WATSON, M. D.

For more than three years I have been afflicted with a diseased liver. I have used the Sulphur water for some time, but without any permanent effect. I have been here only ten days, and when I arrived this was my condition: pain in my right side and left shoulder incessantly, my stomach greatly distended, my spleen very much enlarged, and digestive powers almost destroyed. I have used the spout bath freely during my short stay, and this is the effect: the pain in my side and shoulder has nearly subsided, my stomach is reduced to its natural size, my spleen is considerably reduced, and my digestion much improved. The benefit I have received is great, and I trust is substantial. Regretting that business calls me away thus early, and grateful for your kind attentions.

E. L. DARGON,
of Alabama.

MR. GOODE:

Dear Sir—I furnish you with a statement of a violent attack of dysentery under which I suffered in the months of July and August of the last year, and of the rapid improvements which I have received from the use of your baths.

My attack was sudden and violent, with frequent and painful discharges of blood and mucus, attended with considerable inflammation. This condition continued upon me without any material diminution for twenty-one days, notwithstanding I had been copiously bled in the earlier stages of my disease, and kept under a constant mercurial influence.

I reached the Hot Springs about the middle of August, after a painful journey from the University of Virginia, a perfect skeleton, and so helpless as to be lifted in and out of my carriage, and to be carried to and from the baths. In a few days, an evident improvement was made in my condition; and so rapid and steady was my recovery, that, in the space of a single fortnight, I was able to walk a mile for exercise, and to return home by the mail-coach, over the route which I had with difficulty performed, with the facilities of a carriage and bed. My health is at this time completely re-established.

Very respectfully, your obedient servant,

W. H. WOODLEY,

Proctor University of Virginia.

In the fall of 1841 I was confined with a severe bilious fever, and from the effects of which my constitution has not since recovered. Early in 1842 I went to the White Sulphur Springs, but finding no appreciable effect produced upon my liver by the use of the water, I went to the Red Sulphur for two weeks with some advantage. I then returned to the White, and used the water a second time, but with no better success.

I arrived at the Hot Springs on the 5th September, with symptoms of a gorged liver, a sallow complexion, and pain in my side and chest. I used the bath until the 14th, with great advantage. After taking the third bath my liver began to disgorge itself, and throw off great quantities of vitiated bile; my skin cleared up, and the pain in my chest and side, which had before been frequent and severe, was greatly relieved. The benefit derived is greatly beyond what I anticipated, and I have no doubt of the efficiency of the Hot Springs in many cases of diseased liver, wherein the Sulphur Waters have totally failed.

I am, respectfully, your obedient servant,

T. F. CAMPBELL,

Of Nottoway county.

For the last eighteen months I have been dyspeptic, with costive bowels and a constant uneasiness between my shoulders and at the pit of my stomach, and a dry skin. About the first of the month I went to the White Sulphur Springs and used the water freely, with the blue mass, for eleven days, but without the least effect on my liver. I have been here only one week, using the spout bath, temperature 100°. The night after taking my FIRST bath, I had three copious bilious discharges from my bowels.

My skin is now moist, my bowels open, and I am greatly relieved in every respect.

J. E. MICHIE,

of Albemarle.

More than three years since, I was taken with a severe dysentery, which was succeeded by what I should term a mucous diarrhoea. Since that time I have suffered an annual return of the dysentery each summer until the present; this year I have escaped this periodical attack by passing my time in the mountains.

I remained a week at the White Sulphur without the slightest benefit, when I directed my course to the Red Sulphur, where I remained five weeks. My general health was greatly improved at this place, and at first I was cheered with hopes of a recovery, but I left the Red Sulphur with the diarrhœa in full force upon me, and without any diminution of the mucous discharge, although the bilious secretions were slightly improved. In that state, a state of unabated diarrhœa, I reached the Hot Springs seven days ago, and was persuaded to use the spout bath. I applied the spout principally to the region of my liver and to my back—wonderful to relate, I felt instantaneous and perfect relief—the mucous discharge entirely ceased, which had not occurred previously in the whole course of my disease. Since the first day I have felt no pain or uneasiness in the bowels, whereas, before I was tortured night and day. So well do I feel that I shall start for home to-morrow in fine spirits, and only regret that I had not sooner tried your Hot Springs. This is a short and rapid sketch of my case, but I do assure you it is a faithful one. I shall make no commentary, but will simply say that I consider my cure entirely and solely owing to the Hot Springs.

ROBERT J. BRENT,

Of Washington, D. C.

About ten years ago I became dyspeptic, and was unwell in the usual way, when at length I became much worse; almost everything taken in the stomach produced pain, and frequently violent spasms, which threatened death. I experienced no relief except when under the influence of calomel; tiring of which, after suffering for about two years, I determined to try the sulphur water. I commenced at the White Sulphur, but the water disagreed with me, and then I went to the Salt Sulphur, understanding that the water there was more purgative; for you must know that my bowels were invariably *constipated*. After using the water for two days I had a violent

attack of spasm, which was relieved by a hot bath. I then came immediately to the Hot Springs; my stomach was so much debilitated, that I was compelled to live exclusively on milk and mush, and the like bland food. The first meal I took at the Hot Springs was milk and mush, which brought on pain, threatening spasm. I went immediately into the spout bath, and from that day to this I have been entirely exempt from the disease. I bathed every day, sometimes twice, and in a few days I was enabled to eat of everything at the table, including desserts of all kinds.

WILLIAMS CARTER,
Of Hanover.

When I left home I had been afflicted for fifteen months with diseased liver and disordered bowels. I reached here on the 8th instant; my bowels disordered; mouth and tongue sore and blistered; my evacuations of a watery consistency, and frequently of the color of clay or putty, and I had no appetite. From the taste I could scarcely distinguish one kind of food from another. On my arrival I commenced to use the baths and continued their use daily to the present time. My bowels soon became quiescent, evacuations regular and of a healthy color; my mouth and tongue entirely well, and they have remained so. Of the beneficial effects of the waters to me I have no doubt, and I am in hopes a cure has been effected, which may be made permanent by proper care and attention to diet and exercise.

GEORGE CARR,
Of Charlottesville.

I was attacked with a bilious pleurisy, which yielded to medical treatment, but my stomach and bowels were left in a bad state. In a short time my digestion was greatly impaired, and I had a confirmed constant diarrhoea, the discharges a clay color. My food frequently passed off undi-

gested, producing violent pain in the bowels, and much feverish excitement.

I determined to visit the springs for the benefit of my health. I left home in August, and tried first the Sweet Springs, but they disagreed with me. I then went to the White Sulphur, and then to the Salt Sulphur, but they also disagreed, producing violent irritation and pain in my bowels, which put me to bed. So soon as I was able to travel I went to the Hot Springs, and, after bathing eighteen days, I was entirely relieved; my appetite became good, my food digested well, and I fattened and strengthened rapidly, and from that time to the present I have never had a diarrhoea.

WILLIAM TODD,

Of King & Queen.

I had been the subject of severe dyspeptic complaint for more than twelve years, was followed by a most distressing diarrhoea, which reduced me to the verge of the grave. I spent a part of the summer at the Hot Springs, and by bathing in and drinking the water, was completely and entirely restored to health and have not had the slightest symptoms of a return of my complaint since a period of five years.

Hoping that my friend may bring back an equally favorable report,

DAVID MOODY,

Of Steubenville, Ohio.

I went to the White Sulphur Springs in very feeble health, laboring under a disease of my liver, attended with constant pain and soreness in my right side. I used the water freely for three weeks, but the pain and soreness still continued. I then went to the Hot Springs, and took two baths in the lower spouts—the first bath produced a perspiration, which I not had for twelve months, my skin having been constantly dry. On the third day I took the hot spout, and, while the

water was falling on the affected side, I felt as if something had given away within that side. After leaving the bath I went to my room, where I had a profuse sweat, and after cooling off, there was a copious aurid, and ill-looking bilious discharge from my bowels such as I had never seen before. From that day to the present, I have had neither pain nor soreness in my side, and shall ever think the hot spout saved my life.

JOHN J. TAYLOR,

Of Hanover county, Va.

I had a very severe attack of bilious fever which confined me to bed near eight weeks. From this time till I visited the Hot Springs my health was very feeble, induced by a functional derangement of my liver and other viscera. I had constantly a dull, heavy feeling in the right side, and found but partial and temporary relief from medicine.—While under the spout bath the third or fourth time I felt about my liver (without having previously taken any medicine or used any other mineral water) a peculiar sensation, which continued during the succeeding night and day—attended with considerable nausea. During these twenty-four hours a very large quantity of unhealthy bile was discharged, and the following day I felt entirely freed from every symptom of disease. From this time, and for more than two years, my health continued excellent when it became impaired by a residence and exposure in the south.

R. N. FOX.

I was laboring under great debility, and my physician advised me to take a trip to the mountains and use the Sulphur Waters, which I did freely, and found considerable relief—which proved, however, only temporary. As the warm weather came on next spring, I suffered more from debility even than the season before, and my physician pronounced

my disease a functional derangement of the liver, and again advised me to go the Sulphur Springs; but on my way to the springs I met an acquaintance who advised me to go by the Hot Springs and use your baths, which I did for eight or ten days, and they acted like a charm on my system; and the benefit was much more permanent than anything I had ever tried before; and I have since then, when I have visited the mountains, tried the baths with evident benefit and consider their use more advantageous to me than all the mineral waters in the mountains.

J. G. JEFFERSON,
Of Amelia county, Va.

CLASS IV.*

DISEASES OF THE NERVOUS SYSTEM.

(1).—PARALYSIS.

Having used your baths with such decided benefit, I deem it proper that I should give you a statement of my case, which I will do as briefly as possible. I had a most violent attack of paralysis, which destroyed the use of the whole of my left side, and with it brought on a state of general debility, which entirely disabled me from attending to business. In this situation I left home for the mountains, hoping to regain my health by traveling and the use of the different mineral waters; but after spending about four months in going from Spring to Spring, I had to return home but very little benefitted in my lame side, although my general health had improved a great deal, which was some little encouragement to me to make another trial, and when the next summer opened, I again started for the White Sulphur, and remained there one month, and then went on to the Sweet Springs and remained two weeks or more, and again returned to the White Sulphur, where I remained some time, but finding little or no improvement in my lameness, I determined that I would try the Hot Spring baths, although it was against the advice of physician and friends, and left for that place, not knowing what would be the consequence of my seeming rash determination; but when I saw you and received your assurance that there was no danger in my using the baths, I was encouraged, and commenced bathing without delay, and found that it

* These numbers refer to the classes and subdivisions of classes of diseases as enumerated in Part II.

suitied my disease exactly; for the effect was at once visible in the rapid improvement of my lameness and the better condition of my general health, and I returned home cheered with my much improved health, and commenced a business of much labor and activity, which I have followed down to the present time (eight years), with little or no interruption from my old disease.

Very respectfully, your obedient serv't,

SAMUEL HARDGROVE,

Of Richmond, Va.

My daughter had a severe, protracted and complicated illness. The whole of one side became greatly paralyzed, and so continued for about fifteen months.

We took her to the Hot Springs; she used the bath between three and four weeks. During the latter part of the visit she was enabled to move the toes in a small degree. Under the direction of her physician, Dr. G. A. Rose, she gradually improved, but remained unable to walk alone. The next season we took her again to the Hot Springs. By the use of the bath she soon became able to walk and her general health gradually improved. She is now healthy and active.

WILLIAM S. REID.

Of Lynchburg, Va.

In November I had a violent paralytic attack which deprived me nearly of the use of the whole of my left side. I was confined to my room, and perfectly helpless for more than five years, and my left hand was insensible even to fire. I was then electrified, and afterwards improved a little. In June I came to the Hot Springs, barely able to hobble about, with but little feeling in and no use of my left hand and arm. After bathing for about twenty days I could walk

tolerably well, and my hand and arm were so much improved that I could chop with an axe or work with a hoe. I bathed here about forty days, and then WALKED home, a distance of eighty miles, in four days. I continued to strengthen until June last, when I had a violent bilious fever, which again disabled my left leg and arm. I returned to the Hot Springs on the first of the month, and have bathed freely for twenty days. I feel as well now as when I left last year, and shall set out to-morrow on foot for home.

WILLIAM SANDERSON,

Of Amherst, Va.

More than two years ago I was attacked with rheumatism from which I suffered much. I took cold in February last, and became completely prostrated, but got a little better as the weather became warmer. I had but little use of my right side; I walked with great difficulty, and could only bring the toes of the right foot to the heel of the left. My right arm was no better; my tongue was partly paralyzed and I frequently could not speak distinctly. I had constant pain in my right leg and arm, and right side of my head, and was almost entirely deaf in one ear, and did not hear distinctly with the other. I got here on the 14th of June; I have used baths for fourteen days. My hearing is perfectly restored; I speak without difficulty; I have good use of my right leg and arm, and am entirely free from pain. I shall set out for home to-morrow in good health and spirits.

JOSEPH WAMPLER,

Of Illinois.

Having spent portions of four summers at this place, and used the waters freely, it affords me great satisfaction to give you the result of my experience of their beneficial effects on myself, as also what I know of them on others.

I had an attack of paralysis of my right side—HEMIPLEGIA—which prostrated me to such a degree that I was for some time unable to walk, nor could I hold a pen in my fingers so as to write my name or make a letter of the alphabet. By the use of ordinary remedies and very strict regimen in my diet, I recovered so far as to be able to go about, though with difficulty. Having, from what information I could obtain, become impressed with the great value of thermal waters in the treatment of this most shocking disease, and having previously visited this place and acquired some knowledge of the medicinal character of its waters, I determined to come here to see what they would do for me in my afflicted condition. So soon as my situation and the season permitted I accordingly did so. I remained three weeks, bathing regularly every day, first in the temperate bath and then in the hot spout. On leaving here I made a short visit to the Salt Sulphur Springs in Monroe county, whence I returned here and remained a week more, and bathed every day in the hot spout bath. The result was, I felt signally benefitted, and returned home greatly improved; so much so that, to a casual observer, nothing appeared to be the matter with me.

I have now this summer been here altogether three weeks and a half, and have, during that time, bathed regularly once a day in the temperate bath, and am now prepared to return home with the gratifying conviction that I am entirely and permanently relieved, and feel that this happy result has mainly been owing to the use of the thermal waters at this place. So much for my own personal experience.

I know of several other cases in which the subjects of them received great benefit from the use of the waters here, and such is my confidence in their virtue, that I am thoroughly persuaded they will, if their use be persisted in, and prudence in diet be observed, with moderate but regular exercise, either on foot or otherwise, cure any ordinary case of paralysis, either general or local. The boy John, who attends the

hot spout bath, furnishes a striking case to show the correctness of this opinion. After being very badly afflicted, he assures me that he does not feel the slightest vestige of the disease remaining—the truth of which is apparent to every one who sees him, and he was cured here by the use of the temperate bath only.

While here I made the acquaintance of a gentleman who resided near Winchester, who informed me that he had been paralyzed so badly as to be unable to walk or speak. When I met with him he had the appearance of enjoying robust health, and he told me that his restoration to health was owing to the use of the Hot Spring baths. I could mention other cases, where persons had been signally benefitted by the use of the baths here, but as they must be well known to you, and the subjects of them are accessible, I prefer to let them speak for themselves.

I know of a few cases where the use of these waters have had very happy effects in neuralgia and rheumatism; of the former, a lady of my acquaintance in Alabama furnishes an instance, and Richard Norris, Jr., of Baltimore, one of the latter.

I am satisfied, from actual experience, that the use of the hot water at this place often has an excellent effect on the liver, and in chronic diarrhoea I have greater confidence in its efficacy than anything with which I am conversant.

Mr. F. B. Clarke, of Mobile, Ala., is mainly indebted to it for his restoration to health, from the worst condition, and after all other remedies had failed. Hoping my experience and observation may be the means of extending a knowledge of the waters of the Hot Springs to others who may be afflicted, and of giving a wider scope to their already high fame,

I remain, Sir, with high respect, your ob't serv't,

JOHN ERWIN,

Of Greensboro', Ala.

Richmond, Feb'y 13th, 1869.

I was taken while in the army with a low attack of typhoid camp fever, in 1862, caused by exposure; this was followed in the spring of '63 by a relapse complicated with chronic dysentery. I was under treatment in this city for eight or ten months, and in my bed more than half the time. The severest symptoms of my disease were finally checked but it left me with a partial paralysis of the lower extremities, being the result of effusion upon the spinal cord. I was in this condition for twelve months and under treatment all the time by the best medical talent in this city, being unable to walk without crutches or canes. I went to the Hot Springs by advice of my physician in the summer of 1865, and after taking the baths about two months was completely restored. I have ever since been in perfect health.

JOHN TYLER.

(2).—SPINAL DISEASE.

Case of a lady suffering with SPINAL IRRITATION, who had not WALKED for 16 YEARS before using the baths at the Hot Springs. "She now walks any reasonable distance without inconvenience."

Piedmont, Albemarle Co., Va.

DEAR SIR,—Prompted by the desire to relieve human suffering, I am induced to give you a history of my sister's case, and the great benefit she derived from a visit to the Hot Springs. She enjoyed fine health until she was about 17 years old, when she had a severe attack of fever. For eight weeks her life was despaired of by her attending physicians. It was now observed that she had a *disease of the spine, complicated with a variety of uterine affections*. These diseases were attended with *violent spasms or convulsions, which prevented her from walking for sixteen years*. During thirteen

years of this time she was confined constantly to the horizontal position, not being able to sit up at all, and suffered more than language can describe, or the most imaginative mind conceive of—more than half of those long, wearisome years having been spent in *continuous convulsions*, which rendered life almost insupportable, and which would have caused death to have been *welcomed*, by herself and her friends, as the sweet messenger of peace and rest. I have known her to remain for many consecutive days in a state of *entire insensibility*—with her face livid—her eyes resembling orbs of fire—her whole body convulsed with spasms, and to return to consciousness but to suffer the untold tortures of a thousand deaths. She was favored with the advice of ten or twelve of the most eminent and skillful physicians of this part of the state, who used all the remedies which mature judgment and long experience dictated, but without producing any permanent amelioration of her disease, and it was not until after she had spent several weeks at the Hot Springs that she was enabled to walk again—"a thing of life."

It is the opinion of all that another season would restore her to perfect health. During her visit to the Hot Springs she used the hot spout bath twice regularly every day, which speedily so benefitted her spinal disease as to enable her to move her feet when assisted to a standing position, which she had not been able to do for thirteen years. Shortly after leaving the Hot Springs she commenced to walk a little with the assistance of two crutches, which she had to continue to use for six months or more. Then one of them were dispensed with, and in six months more the other crutch disappeared, and a neat walking cane was substituted in its place, which has been her constant companion in walking up to this time. She now walks any reasonable distance without inconvenience.

Very respectfully,

J. J. PACE.

(5).—NEURALGIA.

For several years, I had been most severely afflicted by Acute Neuralgia, particularly in my right side, from the arm-pit to the hip-bone. The paroxysms were so severe, that my system, in spite of all the remedies I could obtain, was reduced to great debility and emaciation, and consequent mental depression. I had visited Saratoga Springs twice, and some other watering places, without any permanent benefit. I determined to try the Virginia springs. After a month, spent in using the White and other Sulphur waters, I repaired to the Hot Springs and after using the spout bath and boiler for two weeks every day—and sometimes twice a day—I was, to my great surprise and gratification, WHOLLY RELIEVED. For twelve months past I have had but one slight paroxysm. Under Providence, I may therefore confidently ascribe my restoration to the Hot Springs. As the disease abated, my appetite, flesh and strength increased, and despondency has flown, I trust forever.

J. C. HERBERT,
Of Maryland.

CLASS VI. (2).*

RHEUMATISM AND CHRONIC GOUT.

My Dear Sir,—In the month of June, 1859, I reached the Hot Springs. After having suffered many months from rheumatism without relief from the various remedies that I had used; and indeed, so excruciating were my sufferings that I was almost without hope—my right shoulder and arm for sometime had been almost useless—I took the baths, beginning with the hot spout and then the boiler, as they are generally termed, for twenty-five days, and my relief was so complete that I have never had any serious return of the pain since. I estimate the Hot Springs of Virginia so highly that I have again and again expressed the opinion that they were the most valuable of all the mineral waters in the world. I owe the cure in my case, I think I can truly say, under Providence, to your baths.

Your obedient servant,

D. H. LONDON,
Of Richmond, Va.

In 1826 or '27, I experienced a severe attack of bilious fever, which reduced me very low. I was scarce able to leave my bed, when the fever was succeeded by a violent attack of inflammatory rheumatism, from which I recovered in about two months. In February, 1835, after a slight bilious attack, the rheumatism returned in a chronic form, and reduced me to a state of helplessness. All hope of recovery

* These numbers refer to classes and subdivisions of classes of disease enumerated in Part II.

was deemed idle, my constitution being very weak. I left home for the White Sulphur in June following, remained there two weeks, and left with a severe cold, that augmented my disease.

I remained here near or quite a month, taking the spout and boiler baths alternately, and entirely recovered. I have not had the slightest return of the disease since.

WM. M. DARLINGTON,

Of Pittsburg.

In the month of January, 1806, during my attendance on the Virginia legislature, of which I was then a member, I was very sorely afflicted with an attack of inflammatory rheumatism, and about the first of July, in the same year, after the disease had assumed a chronic state, I arrived at the Hot Springs of Virginia, much debilitated, requiring two persons to put me in and take me out of a carriage. I remained at the springs sixty-three days, using the bath once every day except three. I was weighed the day I got to the Springs, and also on the day I left them, and if I was correctly weighed, I gained sixty pounds in weight in sixty-three days, and remained free from that complaint for upwards of twenty years.

H. CALLOWAY,

Of Franklin county.

In the month of December, 1827, I was attacked, as I supposed, with a severe toothache, and in a few days had the tooth extracted, but it afforded me no relief. In a day or two afterwards it was discovered that I had a bilious fever, my jaws swelled so as to threaten suffocation. One entire side of my jaw bone burst as low down as the teeth went in, and the bone was extracted. The outer side of my jaw formed an abscess on the outside, from which several pieces of bone were extracted. This abscess connected itself with the other dis-

eased side, so that when any liquid was injected in on the outside abscess it came out on the opposite side in my mouth. I was then taken with severe pains in my back, which continued several weeks; they then fell into my extremities, and deprived me of the use of them. The pain was so severe that at one time it seemed like my feet were on red hot iron, and at another they felt as if they were pierced through with icicles. My shoulders, arms and hands were but little better; they swelled largely, with but little mitigation of the pain; my legs, ankles and feet had strong indications of dropsy; when pressed would pit and remain so for a length of time. In this situation I was carried, in July, 1828, to the Hot Springs, in Bath county, in Virginia, as helpless as an infant, and commenced using the waters by being held under what is called the spout bath, which produced no change for the better. I was then put in what is called the boiler, and after using it about one week my hands, though much contracted, began to have their natural feeling, and in five weeks my arms and shoulders were entirely well; my back, legs and feet did not mend so fast, but were much relieved. When I left the Springs, about September, I could set up and move my feet and legs about, but could neither stand or walk; nor could I do so until the first of November, when I could move about on crutches. I continued to mend slowly until the next August, when I again visited the same Springs, and used the boiler for about a month, which restored me to almost perfect health.

In the spring of 1831 I visited the states of Ohio, Kentucky and Tennessee, and was on horseback for near ten weeks, and frequently wet, without injury. In July, 1832, I was, when very hot, overtaken by a very heavy fall of rain, and got very wet, which caused my former disease, with all its symptoms, to return partially upon me. I have now been at the Hot Springs, using the boiler, for about a month, and which has again almost entirely relieved me. I am a native of Bed-

ford county, Va., where I now reside, and am forty-seven years of age.

B. PRESTON.

I contracted a very bad cold by sitting for several months in a room which had been recently plastered upon very thin walls. The cold at first fell upon my breast, and was attended with a cough. After some time the cough subsided, and I was seized suddenly with a pain in the right arm. In a few days the pain became very violent; it was seated principally in the shoulder blade, but extended likewise from the shoulder down to the points of the fingers. The best medical aid was resorted to, but there was no alleviation of the pain, not even for a minute. In this situation I got little or no sleep; the agony was so much increased by lying in bed that the only rest obtained was by lying with my clothes on across the foot of the bed with the affected arm hanging down. In this situation exhausted nature would sink into a doze, out of which I was soon awakened by the pain. The arm dwindled away, my appetite failed, and my general health was fast declining. Reduced to this state, I determined to try the Hot Springs in Virginia. With difficulty I was taken there, and had no reason to repent of my determination. I took forty hot baths, using the blankets each time. At the end of two months I returned home so much altered in appearance that I was the object of astonishment to those who had seen me previous to my departure, and in another month I was perfectly restored to health.

P. A. BROWN,
Of Philadelphia, Pa.

Owing to imprudent exposure, I became, sometime in February, completely prostrated by a violent attack of *rheumatism*, each limb and every joint being more or less affected.

Though the spine and muscles of the right leg seemed to be the principal seat of the disease—this limb was very much drawn up, and evidently shrinking away, and for several months I could only hobble about the house on crutches, and even this was painful. After applying many remedies without benefit, I was fast reconciling myself to the idea of being lame for life, when, by the advice of physicians, I started for the Hot Springs. On reaching the Springs I walked with difficulty and pain, but after the second trial of the boiler there was evident improvement; after this it was rapid, and in five weeks after reaching the Hot Springs (as I thought, a cripple for life), I found myself restored to a sound and healthy condition, this happy result being brought about by the free use of the Hot Spring baths, which, when used prudently, will soon prove that they are fully entitled to the high reputation which they have acquired.

THOMAS G. COLEMAN.

TO DR. GOODE:—In 1828 I had an obstinate bilious fever, from which I was near twelve months recovering, and for thirteen years afterwards, whenever I exposed myself, or the weather changed suddenly, I had attacks of rheumatism, more or less severe, and frequently confined for several days to my room. In 1841 I had another bilious fever which confined me for eight weeks. The rheumatism then returned, and in six weeks completely prostrated me. At no time in the last two years and a half could I say that I was free from suffering, and often the very thought of motion was a matter of dread to me. I suffered most in my wrists, hands, knees, ankles and feet. I arrived here on the 17th of August, and after using the spout and bath alternately for one week—the boiler every day for one week, and then the spout alone for twelve days—I find myself entirely relieved. Of your kind &

friendly attentions to me, I shall feel it my duty to speak wherever God in his providence may cast my lot.

D. G. DOAK,
Of Clarksville, Va.

DR. GOODE: Dear Sir:—In the month of June, 1833, from great exposure in the past winter, and the too sudden checking of a diarrhoea, I was attacked with acute rheumatism which ultimately spread itself from the crown of my head to the soles of my feet. My sufferings were sometimes so great that my screams might be heard at a distance; and the hottest steam that could be brought to bear upon my feet and knees was a relief from the agony of the pain with which I suffered. To such an extent was the steam used that the soles of my feet were literally crisped, and yet the pain of the burning was nothing when compared with the pain of rheumatism. This continued until the muscles of my legs and knees became so contracted that they might be truly said to be doubled up, and my arms and jaws almost useless. I could use but one arm, and that only enough by resting on my heart to bring such food as I could take to my mouth. I could only open my mouth wide enough to get in a little soaked cracker or something equally soft. In this condition, being as helpless as a new-born babe, I was placed in my carriage on pillows, in the month of August, and started for the Warm and Hot Springs. I stayed and bathed a few days at the Warm, and came on to the Hot, at which latter place I remained some three or four weeks, taking the boiler and the hot spout each day alternately. I had to be carried to and from the bath on a litter, and had to be put in and taken out. I went to no other springs, took no medicine, except to drink the hot water freely. Before leaving I walked about with my cane, rode on horseback, and went home rejoicing in renewed *health and strength*; and from that day to this I have never

met with one afflicted with rheumatism that I have not advised them at once to go to the Hot Springs. It is Nature's own remedy.

I might add to this case of my own some cases which I witnessed while at the Springs, if anything more remarkable than my own. One I will mention, that of an old sea captain, who being wholly unable to walk, brought with him a most athletic Irishman, who carried him about on his brawny shoulders. This old man, from great exposure or some other cause, had lost the use of one leg, and so insensible was his foot that by some accident on his journey one of his toes was nearly cut off, and he was unaware of the injury until sometime after. Before I left the Springs this old man was walking about, merely resting his hand upon the shoulder of his attendant.

MUSCOE GARNETT,
Of Essex, Va.

Having been induced by my family and friends to visit the Hot Springs in the year 1852, for the cure of rheumatism, which I had contracted by having taken a severe cold as early as the year 1819, and when first taken I was confined to my bed for the space of one year. I arrived at the Springs on the 22d July, 1852. At that time I was completely prostrated, having lost my appetite and spirits, and my general health very much impaired. The morning I arrived I was unable to ascend the steps of the hotel without assistance. After having taken the third temperate bath I was able to walk, and even run, without pain. My stay at the Springs was two weeks, during which time I took nine temperate and hot spouts, and one boiler bath, and felt myself entirely cured of rheumatism, and had not, for a year after leaving the Springs, as much pain in my limbs as I had previously in any one day for 32 years—being the space of time I had been afflicted with the disease. My general health was thoroughly

restored by the free use of the waters—having drank much of them whilst in the bath and during the day in my room. I consider my case as the great triumph of the medicinal and curative properties of the water of the Hot Springs, and feel grateful that my steps were turned in that direction. I have been a visitor at the Hot Springs every year since 1852. Not having used the water of any other of the springs of Virginia I attribute my cure to the Hot Springs, and none other.

In this connection permit me to state, that by the advice of one of my friends, a patient of Dr. D. M. French, of Pearisburg, Giles county, Va., by the name of Farley, I think, was recommended to visit the Hot Springs in August, 1854. He was severely afflicted with chronic rheumatism, and was scarcely able to move about, his limbs very much swollen and joints enlarged. He remained during the time I stayed, being about two weeks, then left for his home a well man. I heard from him but a few days ago; he was in good health and ENTIRELY free from rheumatism.

I give you the above statement that others who are afflicted with disease may come to the healing well of water, and, like me, return to their families and friends in high health and renewed strength.

The foregoing you are at liberty to use as you may deem best for afflicted humanity.

P. G. UHLER.

Residence: No. 15, North Washington st., Alexandria, Va.

Ten years ago I was taken with a violent inflammatory rheumatic gout, and I suffered the tortures of an inquisition for four years. In 1850 I went to the Hot Springs, and after taking three or four baths, I was enabled to walk without *the aid of stick or crutch*. I remained at the Hot Springs *fourteen days*, and went home apparently well; so much so

I thought it useless for me to return the following summer, and therefore did not go. But, unfortunately, the next spring I was taken with the most violent attack I ever had, which lasted me for four months; the greater part of my time confined to my bed and on crutches. I then determined I would visit the Hot Springs every year, which I have done regularly, and am happy to say have never had an attack since.

T. FLEMING,
Mannsville, Goochland county, Va.

Tarboro, N. C., March 20th, 1867.

TARDY, WILLIAMS & Co.

Gentlemen—I received your letter asking me to give you a history of my case of nervous rheumatism. When I was at the age of twelve years I was stricken down with acute rheumatism in my back. I am now thirty-eight years of age, and have never found any immediate relief from any of the most popular remedies in the medical dispensary of the United States. I have tried colchicum, guaiacum, iodide of potassium, phosphate of ammonia, iodine, &c., &c., which are the most efficient remedies generally resorted to in every day practice; and I now can say for the last five years I have been spending my winters in bed until the last one, and have been compelled to walk upon crutches. During the winter of 1865 I was confined to my bed from the first of October to the first of May. I was so badly afflicted that I could not move any portion of my body except my hands and eyes, and my bed was not made up for two months. I could not bear a person to touch my bed. I was affected mostly in both legs and feet, and finally settled in my right hip joint, which is stiff at this time, but improving. Last summer I ventured to take a journey to the Hot Springs in the mountains of Virginia, to try the effects of the hot baths.

I applied the baths regularly until I had consumed thirty-five tickets. I was very much disheartened and dissatisfied; the baths made me very sore, lame and weak. I remained at the springs about six weeks, and departed thinking there was no relief for my case, and on arriving at Staunton, and remaining over for the night, to my surprise and astonishment I was turning about in bed (a thing I had not done for the last three years), and ever since then I have been improving gradually, and escaped my usual winter attack; have lost the soreness and tenderness of my limbs, and can walk a mile on my crutches without any inconvenience, and could go without them entirely if my right hip was not stiff from lying so long confined in bed. I think now if I had remained longer, say three months, I should have entirely recovered. The water acted like a charm upon my secretions, and kept my bowels open, and now I am very regular. The rheumatism, I always believed, originated from a disordered state of the liver, and I can safely assert that the waters of the Hot Spring are all that can be asked for in all liver complaints. I shall, if Providence permits, visit you again this season, about the first of July.

I remain, respectfully, yours, &c.

GEORGE C. SUGG, M. D.

Richmond, April 15th, 1867.

MESSRS. TARDY, WILLIAMS & Co.:

Gentlemen,—I give you with great pleasure a certificate of my cure effected at the Hot Springs last season. I was taken prisoner at Fort Donaldson in 1862, and from the exposure and hardships I had then to undergo, rheumatism was brought on. For nine months I suffered intensely with this disease. After this lapse of time I was occasionally better; but it resulted finally in a rigid contraction of all the muscles of the

left side, binding my body in a half circle laterally. I frequently had paroxysms of the most intense pain, and found much difficulty in procuring any alleviation from the use of strong anodynes. My liver was also very torpid and my skin yellow in consequence—the bowels *very torpid*.

After the use of the baths for several weeks at the spout and boiler, and taking such medicines as were deemed advisable for me at certain times, I began to improve with astonishing rapidity. The contractions of muscles all subsided, and the liver acquired a healthy condition. I am at this time as straight in figure as anybody, am perfectly well, and have never had any trouble whatever with my old complaint since I left the springs.

I believe I owe my life to the visit I paid to the Virginia Hot Springs last summer.

Yours very respectfully,

JOHN F. BALLEW.

October 25th, 1867.

My Dear Doctor,—In accordance with the promise I made you upon leaving the Hot Springs, I now write to give you an account of my case since my departure.

You will recollect that when I visited the Springs I was suffering with chronic synovitis of both knee joints, which had appeared as a sequel of typho-malarial fever, sixteen months before. My knee joints were much swelled, and very tender and painful. The soft tissues were thickened, and there was considerable liquid effusion in the interior of the synovial sacs. The flexor muscles of the thigh were rigid and contracted, and I walked with difficulty upon crutches, and even with their use for a short distance. My general health was very much reduced by the suffering which I had undergone, and the antecedent disease. My system had completely failed to respond to the action of medicines, however

judiciously administered, and hot bathing was looked upon as a *dernier resort* in my case. In this condition I visited the Hot Springs, and began bathing under your direction. At first the pain and swelling of my joints was considerably aggravated, but upon continuing the baths the former gradually disappeared, and before two weeks I was enabled to sleep more comfortably than I had done for more than a year before. My general health now began to improve, and I gained in weight quite rapidly. I continued bathing for a month, when I returned home, visiting Cape May and Atlantic City, *en route*. After leaving the Hot Springs I still continued to improve. The swelling of my joints diminished, the liquid effusion in their interior has almost entirely disappeared. They are much stronger than formerly, and my general health has gone on improving steadily. I now walk quite a long distance without much effort, and in all respects much better than before my visit to the Springs.

With my best wishes for your future prosperity, and my grateful acknowledgments for the kindness shown me while under your professional care,

I am, my dear doctor,

Very truly yours,

LOUIS E. ATKINSON, M. D.,

Of Thompsontown, Juniata county, Penn.

J. E. Williams, M. D.

I was very early in life attacked with gout, probably owing to hereditary taint. The first symptom of the disease appeared in my feet, at the age of 28, and increased in violence every year up to the time of my visiting the Hot Springs—nine years. After leaving home, I had a severe attack on the road, and did not reach the Spring until the 23rd September, and then the disease had pervaded my whole system, and I was in such agonized pain, with fever, that you ad-

vised me to take some aperient medicine before going into the bath, as my bowels were very costive. On the third day, I was still unable to walk or even sit up from extreme debility and pain, and was taken on a cot to the hot spout, and after remaining in the bath about ten minutes, became very faint—was taken immediately back to my cabin, and wrapped up in blankets. After getting into a profuse perspiration, I soon felt greatly relieved from pain and much refreshed. I took the bath every day, and after the third bath, I was relieved of all gouty pains and strengthened astonishingly, so much so that I was able to walk about alone. It being late in the season, and the weather becoming cold, I used the bath only ten days.

Before I visited this Spring, I had an attack of gout every month or oftener, but after using the waters, I had no return of the disease for more than seven months. But after that time it returned gradually upon me until it became as bad as ever. I arrived here on the first instant, and was attacked with the gout in one hour after I got here, and confined to my bed for three days. I have since then used the spout bath every day, and with the most decided relief. I feel better in health now than I have for several years past, and shall set out for home to-morrow.

WILLIAM GILLIAM.

On the 9th of March last, I was seized with a violent attack of gout, which continued to harrass me until towards the latter end of June, at which time my friends urged on me the necessity of visiting the Springs of Virginia. Having been confined to my bed the greater part of three months, I left Charleston on the 22nd, and reached the Warm Springs on the 28th July very lame, and much reduced in flesh. I remained at the Warm Springs for twelve days, using the bath daily; at the expiration of this time, finding I had de-

rived but little benefit, I determined to try the effects of the spout baths at this place. After using them for a few days, I became sensible of an evident improvement; the tendons of my feet became relaxed, the swelling of the joints diminished, and I found my health improving daily; before the expiration of a fortnight, I had so far recovered as to enable me to visit the White and Salt Sulphur and Sweet Springs, without experiencing much inconvenience from travelling. The benefit that I have experienced from the spout baths is far greater than I had anticipated. My health is much improved, and I can now walk without the aid of a stick, and with little pain or limping. To persons affected with CHRONIC GOUT or rheumatism, I feel warranted in recommending the baths of the Hot Springs as far superior to any of the watering-places in Virginia.

THOMAS LINING, M. D.,
Of South Carolina.

CLASS VII.*

OLD INJURIES.

In 1857, after spending three weeks at the White and other Sulphur Springs, where I drank the waters, I visited the Hot Springs, and there took regularly two spout baths a day from the 8th to 18th of September, inclusive. My object was to get rid of a rheumatic pain above the right hip, occasioned by a fall the year previous. The second spout removed the pain from the hip to the shoulder, and the succeeding ones made it travel still more over my back; thus I suffered more that week than I ever had done before, but at the end of ten days I left the springs entirely free from pain. The second and third spouts produced likewise a most extraordinary effect on the liver, a copious yellow evacuation, such as I never witnessed in my life.

In 1838, I spent a week at the spout, in order to see whether it would produce the same discharge, but it had no longer the same effect.†

H. DAVRAINVILLE,
Of Philadelphia.

HOT SPRINGS, Sept. 1st, 1838.

*These numbers refer to the classes and subdivisions of classes of disease enumerated in Part II.

†The reason is obvious: In 1837 there was redundant bile in the liver—in 1838 there was no more than was necessary to serve the purposes of the healthy system. Where there is no REDUNDANT bile, there can be no COPIOUS or EXCESSIVE BILIOUS discharge.

Having derived the most important benefit from the use of the spout bath at the Hot Springs, it gives me pleasure to comply with your request and bear testimony to its virtues.

In the month of August, 1829, a horse ran away with me in a gig—I leaped out, fractured the small bone in my leg, and injured the patella or knee pan most severely. A tedious confinement was the consequence. When I was sufficiently recovered to leave my bed, I found the leg so contracted that I could not walk without the aid of crutches. Indeed, when standing erect, my foot did not reach the ground by four inches. The limb shrunk from inaction, and fearing I should be a cripple for life, I visited Philadelphia and consulted Dr. Physic. He told me my case was hopeless, and surgical aid would be of no avail. I returned home and went to the Hot Springs. I had then been on crutches more than twelve months; my left leg was not half the size of the right, and so contracted that I could not get the foot to the ground. The very first bath relaxed the contraction; my leg became straight, and I walked back to my cabin without crutches. I used the bath once a day for about three weeks. The limb was gradually restored, and I have never used crutches since. I regard myself as indebted to the Hot Springs for my leg.

I am, most respectfully, your obedient servant and friend,

J. Y. MASON,
Of Southampton, Va.

CLASS VIII.*

MISCELLANEOUS CASES.

(1).—DEAFNESS.

Annexed is a concise statement of my case. For several years my health had been bad. I had suffered much from a rheumatic affection of the muscles of my back, which was always severe in cold weather, and which induced me to spend some winters past in New Orleans. About three years ago, after an unusual exposure, I felt that my disease was transferred to my head. A dizziness, approaching to blindness, came on, and at times I suffered an indescribable sense of weight or heaviness on the brain, and almost wholly lost my hearing in one ear. These unpleasant complaints continually increased. In the meantime I followed rigidly the advice of physicians. I lived abstemiously, was frequently bled and cupped, and had cold water and ice applied to my head, which produced only temporary relief. At one time I used the Blue Pill until my gums became a little tender, and felt decidedly better under its influence. But the disease still remained, depressing my spirits, and impairing all the enjoyments of life. At two different times, the distress in my head was so great as almost to deprive me of consciousness until I was bled. Early last summer all these symptoms had assumed a more fixed and threatening character than at any former period, when I determined to visit the Virginia Hot Springs where I arrived in August. I used the waters in the customary way, permitting the spout to fall directly on

*These numbers refer to the classes and subdivisions of classes of disease enumerated in Part II.

the ear of which I had lost the hearing, and over the head generally. I experienced immediate good effect, and before I left the Hot Springs, where I remained about three weeks recovered my hearing entirely, and also felt perfect relief in my head. This relief has continued up to this time. I find no inconvenience whatever to follow the use of my ordinary diet, and can truly say, that I have not felt so entirely in good health for many years.

MARTIN ANDREWS,
Steubenville, Ohio.

I give you a statement of my case: In February last I was taken with a violent cold in my head, which left me almost entirely deaf in my left ear. I came to the Hot Springs on the 18th of July, and after using the baths freely for about two weeks, my hearing was restored, and has continued perfect, without interruption, up to this date.

JOHN B. CUTTING.
Lieutenant U. S. Navy.

(2).—LOSS OF VOICE.

To Dr. GOODE,—

I was taken with a violent cold, which deprived me of the power of uttering a word above a whisper. The tonsils, epiglottis, and end of the windpipe were considerably inflamed and swollen, especially in cold, damp weather. I visited the Red, Salt, and White Sulphur Springs, which improved my general health. I came to the Hot Springs and took forty-two sweat baths in succession, and occasionally the spout. My general health was greatly improved, and my voice so much strengthened as to enable me to converse in the ordinary tone of common conversation. I remained at the Hot Springs fifty-seven days, and gained twenty-two pounds in weight. I used no animal food whilst bathing.

W. FOUNTAIN,
Of Fluvanna county, Va.

(3).—CARBUNCULAR DIATHESIS.

Richmond, Va., April 20th, 1867.

Messrs. TARDY, WILLIAMS & Co.:

Gentlemen:

Having received very great benefit from a trip to the Hot Springs last summer, I consider it a duty I owe to suffering humanity to make a statement of the diseases I was suffering with, and the effect produced upon them by the invaluable waters of the Hot Springs. You can make such use of the statement as you think best.

In 1864 I had several carbuncles, involving the back and right half of my buttock, considerable torpor of liver, with chills and fever. In the fall of 1865 I had a very large rising in the palm of my hand, of carbuncle or felon character, which extended up to my elbow, and unfitted me for business for four or five months, and gave my attending physician great uneasiness, for fear it might terminate fatally. The torpid liver continuing through the winter and spring, accompanied with chills and fevers, rendered me so weak that I could not walk a quarter of a mile without great fatigue and exhaustion; and in addition to these ills, there was a hardening or thickening of the cellular tissues of the right thigh. After using various remedies under medical treatment, with but little and no permanent relief, my physician insisted on my going to the Hot Springs, and using the hot bath, to see if the evident obstruction of the circulation of my right side and liver would not be overcome by the expansion produced by the bath upon my system.

In June last year, I visited the Hot Springs and commenced using the hot bath, and when I had taken three baths, my health began to improve, and after the short stay of three weeks I was completely relieved, and returned home well and able to attend to my business, and have had no return of any

of the symptoms since. So marked was the improvement in my health, that it was frequently noticed and commented on by my family and friends.

Yours, very respectfully,

HUGH A. WATT.

(4).—INDOLENT SWELLINGS.

After a severe spell of fever I was attacked with acute pains in one arm, leg and foot, succeeded by hard, indolent swellings, which took away the use of the affected limbs, and confined me to my room for several months. I was under medical treatment during the whole time, but all the remedies used failed. I went to the Hot Springs and used the bath for two or three weeks; when the swellings suppurred, they discharged freely, and I gradually recovered the use of my limbs.

Since that period my health has been better than usual, and I attribute all to the hot bath.

Yours, &c.,

WM. CHAPMAN,

Of Waynesboro', Va.

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